

SPRING/SUMMER PROGRAM GUIDE 2019

Alexandria

DEPARTMENT OF RECREATION, PARKS & CULTURAL ACTIVITIES



SUMMER CAMPS pg. 23

Nature & Environmental Education pg. 40

Special Events pg. 44

Park & Facility Rentals pg. 56

Registration Begins Wednesday March 13

JUMP IN!

TO THE 2019 SUMMER POOL SEASON



Outdoor Pool Events

World's Largest Swim Lesson pg. 5

Thursday, June 20, 6:30-7:15 p.m. • Old Town Pool

Meet Me At The Pool pg. 5

Saturday, May 25, 4-7 p.m. • Old Town Pool

Family Fun Swim Night pg. 43

Saturdays, June 1, July 20, & Aug. 10, 8-10:30 p.m.
Memorial Pool

Karaoke Friday Night Splash pg. 43

Friday, July 19, 8-10:30 p.m.
Memorial Pool

Itty Bitty Doggie Dive pg. 43

Friday, Sept. 20, 4-7 p.m. • Memorial Pool

Big Dog Day Swim pg. 43

Saturday, Sept. 21, 10 a.m.-12:45 p.m.
Old Town Pool

FREE GIFT
with purchase
of Outdoor Pool
Season Pass
Offer limited to
first 50 pass
sales.

Season Passes

Youth (5-17)*	\$53
Adult (18+)	\$105
Senior (55+)	\$84
Family (up to 4)	\$288
Nonresident	\$154

Daily Admission

Child (0-4)	
w/paid adult	Free
Youth (5-17)*	\$3
Adult (18+)	\$4
Senior (55+)	\$3
Nonresident	\$6

2019 OUTDOOR POOLS SCHEDULE

Old Town Pool, 1609 Cameron St.

May 25–Sept. 8: Sa & Su 12-6:45pm

May 28–June 18: M-F 4:30-7:45pm

June 19–Aug. 16: M-F 12-7:45pm

Passholders Only: June 24–July 31: 6-7:30am

Aug. 19–Aug. 30: M-F 4:30-7:45pm

Sept. 3–Sept. 6: Tu-F 6-7:30am & 4:30-7:45pm

May 27, July 4 & Sept. 2: 10am-5:45pm

8 lane 25-yard pool with diving well, 1-3 ft. depth training pool for disabled and children up to 42", locker rooms and off street parking on premise.

Memorial Pool, 901 Wythe St.
at Charles Houston Recreation Center

May 25–Sept. 1: Sa & Su 10am-6pm

May 28–June 18: M-F 4:30-7:45pm

June 19–Aug. 30: M-F 10am-7:45pm

May 27, July 4 & Sept. 2: 10am-5:45pm

Therapy/instructional swimming pool ideal for families with small children. Max Capacity: 45

Warwick Pool, 3301 Landover St.

May 25–Sept. 1: Sa & Su 11am-6:45pm

May 28–June 18: M-F 4:30-7:45pm

June 19–Aug. 30: M-F 10am-7:45pm

May 27, July 4 & Sept. 2: 10am-5:45pm

Newly constructed 5 lane 25-yard shallow pool with sloped entry. New bathhouse with restrooms and day lockers.

Schedule subject to change. For current information, visit alexandriava.gov/Aquatics

*Youth ages 12 and under must be accompanied by a paid adult.

NEW THIS SEASON **NEW!**

**Meet Me
At The Pool** pg. 5



**Fit and Fab
Yoga Series** pg. 7



**LaBlast Dance Fitness
& Tone** pg.10



**National Aquarium
Field Trip** pg. 42

ON THE COVER: Summertime experiments during Science Magic, a STEM Summer Camp, taking place at Durant Arts Center.

- IT'S BACK!** Returning by popular demand.
- +ADULT** Adult participation required.
- DROP-IN** No registration required, show up.
- NEW!** New this season.
- 55+** Ideal for ages 55 & up. See pg.48.
- TR** Designed for individuals with disabilities. Assessment required. See pg.49.
- Free shirt with registration.
- Before or after care available.

City of Alexandria Recreation, Parks & Cultural Activities Department's goal is to provide service that is:

- Responsive
- Professional
- Courteous
- Accountable

Please tell us about your experience by completing an Experience Survey at alexandriava.gov/Recreation or email RPCAcustomer.care@alexandriava.gov.

Your feedback is important to us!



The Department of Recreation, Parks & Cultural Activities received re-accreditation from the Commission for Accreditation of Park and Recreation Agencies (CAPRA) in October 2014 by meeting 155 standards of effective and efficient operations.

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ACTIVITY NUMBER	SECTION NUMBER	DAY	CLASS TIME	START & END DATE	NUMBER OF CLASSES	FEE	LOCATION
134207-07		W	4:30-5pm	7/12-8/23	7	\$95	CQRC
CLASS SIZE Min 6/ Max 10	ABPK BBPK BFNC BDPK CBRC CHRC CKRC	Armistead L. Boothe Park 520 Cameron Station Blvd. Ben Brenman Park 4800 Brenman Park Dr. Jerome "Buddie" Ford Nature Center 5750 Sanger Ave. Braddock Park 1005 Mount Vernon Ave. Charles Barrett Recreation Center 1115 Martha Custis Dr. Charles Houston Recreation Center 901 Wythe St. Leonard "Chick" Armstrong Recreation Center 2510 W. Reed Ave. (formerly Cora Kelly Recreation Center) Chinquapin Park Recreation Center & Aquatics Facility 3210 King St. Douglas MacArthur School 1101 Janney's Lane Warwick Pool 3301 Landover St. Ferdinand T. Day Elementary School 1701 N. Beauregard St. Fort Ward Park 4301 W. Braddock Rd. George Mason School 2601 Cameron Mills Rd. George Washington School 1005 Mt. Vernon Ave. John Adams School & Recreation Center 5651 Rayburn Ave. Jefferson Houston School 1501 Cameron St. Joseph Hensley Park 4200 Eisenhower Ave. Lee Center & Lee Center Complex 1108 Jefferson St. Montgomery Park 901 N. Royal St. Mount Vernon Recreation Center 2701 Commonwealth Ave. Nannie J. Lee Recreation Center 1108 Jefferson St. Oswald Durant Arts Center 1605 Cameron St. Old Town Pool 1609 Cameron St. Patrick Henry Recreation Center 4653 Taney Ave. Potomac Yard Park 2051 Potomac Ave. Schuyler Hamilton Jones Skateboard Park 3540 Wheeler Ave. T.C. Williams High School 3330 King St. Witter Recreational Fields 2700 Witter Dr. William Ramsay Recreation Center 5650 Sanger Ave.					
M = Monday	CQRC/CQPK						
Tu = Tuesday	DMES						
W = Wednesday	WWPL						
Th = Thursday	FDES						
F = Friday	FWPK						
Sa = Saturday	GMES						
Su = Sunday	GWMS						
	JAES						
	JHES						
	JHPK						
	LEEC/LCCM						
	MGPk						
	MVRC						
	NLRC						
	ODRC						
	OTPL						
	PHRC						
	PYPK						
	SJSP						
	TCHS						
	WRFD						
	WRRC						

MAKE A SPLASH! Learn to swim or enjoy a healthy aquatic workout while having fun.



GROUP SWIM LESSONS

Have fun in the water while developing swimming readiness! The American Red Cross Aquatic Program consists of a series of skill and age-appropriate activities designed to stimulate interest and motivate students to advance to the next level of instruction. Please note that each class may need to be repeated until the student is comfortable enough to progress to the next level. For help with placement or to schedule a free swim assessment, please call 703.746.5441. Children should have a physical examination prior to enrollment.

To provide a learning environment free from distractions, parents are only permitted in designated observation areas unless noted otherwise. Video and/or photography is limited to the first and last day of class.

Chinquababies **+ADULT**

Ages 6-18 months with adult. *Parent and Child Water Exploration.* Parents receive information and practice techniques to help their child adjust to the water. A snug fitting bathing suit over a swim diaper is required. Each child must be accompanied by one parent. Min 8/Max 12. No class 5/25, 5/26, 5/27.

434200-01	M	11:30am-12pm	4/22-6/10	7	\$99	CQRC
434200-02	Tu	4-4:30pm	4/23-6/11	8	\$105	CQRC
434200-03	Sa	8:10-8:40am	4/27-6/15	7	\$99	CQRC
434200-04	Sa	8:45-9:15am	4/27-6/15	7	\$99	CQRC
434200-05	Sa	9:55-10:25am	4/27-6/15	7	\$99	CQRC
434200-06	Sa	10:30-11am	4/27-6/15	7	\$99	CQRC
434200-07	Su	8:30-9am	4/28-6/16	7	\$99	CQRC
134200-01	M	11:30am-12pm	6/24-7/22	5	\$75	CQRC
134200-02	Sa	8:10-8:40am	6/29-7/27	5	\$75	CQRC
134200-03	Sa	8:45-9:15am	6/29-7/27	5	\$75	CQRC
134200-04	Sa	9:55-10:25am	6/29-7/27	5	\$75	CQRC
134200-05	Sa	10:30-11am	6/29-7/27	5	\$75	CQRC
134200-06	M	11:30am-12pm	7/29-8/26	5	\$75	CQRC
134200-07	Sa	8:10-8:40am	8/3-8/31	5	\$75	CQRC
134200-08	Sa	8:45-9:15am	8/3-8/31	5	\$75	CQRC
134200-09	Sa	9:55-10:25am	8/3-8/31	5	\$75	CQRC
134200-10	Sa	10:30-11am	8/3-8/31	5	\$75	CQRC

Chinquatots **+ADULT**

Ages 19-36 months with adult. *Parent and Child Water Exploration* Parents receive information and practice techniques to help their child adjust to water. A snug fitting bathing suit over a swim diaper is required. Each child must be accompanied by one parent. Min 6/Max 12. No class 5/25, 5/26, 5/27.

434201-01	M	10:50-11:20am	4/22-6/10	7	\$99	CQRC
434201-02	M	4-4:30pm	4/22-6/10	7	\$99	CQRC
434201-03	Sa	8:45-9:15am	4/27-6/15	7	\$99	CQRC
434201-04	Sa	9:20-9:50am	4/27-6/15	7	\$99	CQRC
434201-05	Sa	9:55-10:25am	4/27-6/15	7	\$99	CQRC

434201-06	Sa	11:05-11:35am	4/27-6/15	7	\$99	CQRC
434201-07	Su	9:05-9:35am	4/28-6/16	7	\$99	CQRC
134201-01	M	9:45-10:15am	6/24-7/22	5	\$75	CQRC
134201-02	Sa	8:45-9:15am	6/29-7/27	5	\$75	CQRC
134201-03	Sa	9:20-9:50am	6/29-7/27	5	\$75	CQRC
134201-04	Sa	10:30-11am	6/29-7/27	5	\$75	CQRC
134201-05	Sa	11:05-11:35am	6/29-7/27	5	\$75	CQRC
134201-06	M	10:50-11:20am	7/29-8/26	5	\$75	CQRC
134201-07	Sa	8:45-9:15am	8/3-8/31	5	\$75	CQRC
134201-08	Sa	9:20-9:50am	8/3-8/31	5	\$75	CQRC
134201-09	Sa	10:30-11am	8/3-8/31	5	\$75	CQRC
134201-10	Sa	11:05-11:35am	8/3-8/31	5	\$75	CQRC

Seahorses **+ADULT**

Ages 3-5 years with adult. *Parent and Child Water Exploration.* For children who are not ready to participate on their own, the instructor works closely with the parent and child to develop good water adjustment and safety skills. Only one parent is permitted in the pool area. Min 6/Max 12. No class 5/25, 5/27.



434202-01	M	12-12:30pm	4/22-6/10	7	\$99	CQRC
434202-02	W	4-4:30pm	4/24-6/12	7	\$99	CQRC
434202-03	Sa	8:10-8:40am	4/27-6/15	7	\$99	CQRC
434202-04	Sa	9:20-9:50am	4/27-6/15	7	\$99	CQRC
434202-05	Sa	10:30-11am	4/27-6/15	7	\$99	CQRC
134202-01	M	12-12:30pm	6/24-7/22	5	\$75	CQRC
134202-02	Sa	8:10-8:40am	6/29-7/27	5	\$75	CQRC
134202-03	Sa	9:20-9:50am	6/29-7/27	5	\$75	CQRC
134202-04	Sa	10:30-11am	6/29-7/27	5	\$75	CQRC
134202-05	Sa	8:10-8:40am	8/3-8/31	5	\$75	CQRC
134202-06	Sa	9:20-9:50am	8/3-8/31	5	\$75	CQRC
134202-07	Sa	10:30-11am	8/3-8/31	5	\$75	CQRC

Frogs

Ages 3-5. *Level 1 Introduction to Water Skills.* The emphasis at this beginner level is successful water adjustment, safety skills, and floating with support. Min 3/Max 6. No class 5/25, 5/26, 5/27.

434203-01	M	12:35-1:05pm	4/22-6/10	8	\$105	CQRC
434203-02	M	4:30-5pm	4/22-6/10	7	\$99	CQRC
434203-03	Tu	5:10-5:40pm	4/23-6/11	8	\$105	CQRC
434203-05	Th	4-4:30pm	4/25-6/13	8	\$105	CQRC
434203-06	Sa	8:10-8:40am	4/27-6/15	7	\$99	CQRC
434203-07	Sa	8:45-9:15am	4/27-6/15	7	\$99	CQRC
434203-08	Sa	9:20-9:50am	4/27-6/15	7	\$99	CQRC
434203-09	Sa	9:55-10:25am	4/27-6/15	7	\$99	CQRC
434203-10	Sa	10:30-11am	4/27-6/15	7	\$99	CQRC
434203-11	Sa	11:05-11:35am	4/27-6/15	7	\$99	CQRC
434203-12	Sa	11:40am-12:10pm	4/27-6/15	7	\$99	CQRC

434203-13	Sa	12:15-12:45pm	4/27-6/15	7	\$99	CQRC
434203-14	Su	8:45-9:15am	4/28-6/16	7	\$99	CQRC
434203-15	Su	9:20-9:50am	4/28-6/16	7	\$99	CQRC
434203-16	Su	10:30-11am	4/28-6/16	7	\$99	CQRC
134203-01	M	12:35-1:05pm	6/24-7/22	5	\$75	CQRC
134203-02	M-Th	4-4:30pm	6/24-7/3	7	\$99	CQRC
134203-03	Sa	8:10-8:40am	6/29-7/27	5	\$75	CQRC
134203-04	Sa	8:45-9:15am	6/29-7/27	5	\$75	CQRC
134203-05	Sa	9:20-9:50am	6/29-7/27	5	\$75	CQRC
134203-06	Sa	9:55-10:25am	6/29-7/27	5	\$75	CQRC
134203-07	Sa	10:30-11am	6/29-7/27	5	\$75	CQRC
134203-08	Sa	11:05-11:35am	6/29-7/27	5	\$75	CQRC
134203-09	Sa	11:40am-12:15pm	6/29-7/27	5	\$75	CQRC
134203-10	Sa	12:15-12:45pm	6/29-7/27	5	\$75	CQRC
134203-11	M-Th	4-4:30pm	7/8-7/18	8	\$105	CQRC
134203-12	M-Th	4-4:30pm	7/22-8/1	8	\$105	CQRC
134203-14	M	12:35-1:05pm	7/29-8/26	5	\$75	CQRC
134203-15	Sa	8:10-8:40am	8/3-8/31	5	\$75	CQRC
134203-16	Sa	8:45-9:15am	8/3-8/31	5	\$75	CQRC
134203-17	Sa	9:20-9:50am	8/3-8/31	5	\$75	CQRC
134203-18	Sa	9:55-10:25am	8/3-8/31	5	\$75	CQRC
134203-19	Sa	10:30-11am	8/3-8/31	5	\$75	CQRC
134203-20	Sa	11:05-11:35am	8/3-8/31	5	\$75	CQRC
134203-21	Sa	11:40am-12:15pm	8/3-8/31	5	\$75	CQRC
134203-22	Sa	12:15-12:45pm	8/3-8/31	5	\$75	CQRC
134203-23	M-Th	4-4:30pm	8/5-8/15	8	\$105	CQRC
134203-24	M-Th	4-4:30pm	8/19-8/29	8	\$105	CQRC

Salamanders

Ages 3-5. Level 2 Fundamental Aquatic Skills. For the child who is independent, with an emphasis on breath control, buoyancy, changing direction, and water safety. Min 3/Max 6. No class 5/25, 5/26, 5/27.

434204-01	M	1:10-1:40pm	4/22-6/10	7	\$99	CQRC
434204-03	Tu	4:35-5:05pm	4/23-6/11	8	\$105	CQRC
434204-04	W	4:35-5:05pm	4/24-6/12	8	\$105	CQRC
434204-05	Th	4:30-5pm	4/25-6/13	8	\$105	CQRC
434204-06	Sa	8:10-8:40am	4/27-6/15	7	\$99	CQRC
434204-07	Sa	9:55-10:25am	4/27-6/15	7	\$99	CQRC
434204-08	Sa	10:30-11am	4/27-6/15	7	\$99	CQRC
434204-09	Sa	12:15-12:45pm	4/27-6/15	7	\$99	CQRC
434204-10	Su	9:55-10:25am	4/28-6/16	7	\$99	CQRC
434204-11	Su	11:05-11:35am	4/28-6/16	7	\$99	CQRC
434204-12	Su	11:40am-12:10pm	4/28-6/16	7	\$99	CQRC
134204-01	M	1:10-1:40pm	6/24-7/22	5	\$75	CQRC
134204-02	Sa	8:10-8:40am	6/29-7/27	5	\$75	CQRC
134204-03	Sa	9:55-10:25am	6/29-7/27	5	\$75	CQRC
134204-04	Sa	10:30-11am	6/29-7/27	5	\$75	CQRC
134204-05	Sa	12:15-12:45pm	6/29-7/27	5	\$75	CQRC
134204-06	Su	9:55-10:25am	6/30-7/28	5	\$75	CQRC
134204-07	Su	11:05-11:35am	6/30-7/28	5	\$75	CQRC
134204-08	Su	11:40am-12:10pm	6/30-7/28	5	\$75	CQRC
134204-09	M-Th	4:35-5:05pm	6/24-7/3	7	\$99	CQRC
134204-10	M-Th	4:35-5:05pm	7/8-7/18	8	\$105	CQRC

134204-11	M	1:10-1:40pm	7/29-8/26	5	\$75	CQRC
134204-12	Sa	8:10-8:40am	8/3-8/31	5	\$75	CQRC
134204-13	Sa	9:55-10:25am	8/3-8/31	5	\$75	CQRC
134204-14	Sa	10:30-11am	8/3-8/31	5	\$75	CQRC
134204-15	Sa	12:15-12:45pm	8/3-8/31	5	\$75	CQRC
134204-16	Su	9:55-10:25am	8/4-9/1	5	\$75	CQRC
134204-17	Su	11:05-11:35am	8/4-9/1	5	\$75	CQRC
134204-18	Su	11:40am-12:10pm	8/4-9/1	5	\$75	CQRC
134204-19	M-Th	4:35-5:05pm	8/5-8/15	8	\$105	CQRC
134204-20	M-Th	4:35-5:05pm	8/19-8/29	8	\$105	CQRC
134204-21	M-Th	4:35-5:05pm	7/22-8/1	8	\$105	CQRC

Hammerheads

Ages 4-6. Level 3 Stroke Development. For the child who can swim without support with an emphasis on breathing to the side, front and back crawl, treading water, and water safety skills. Min 3/Max 6. No class 5/25, 5/26, 5/27.

434205-01	M	5:40-6:10pm	4/22-6/10	7	\$99	CQRC
434205-02	Tu	5:40-6:10pm	4/23-6/11	8	\$105	CQRC
434205-03	W	6:15-6:45pm	4/24-6/12	8	\$105	CQRC
434205-04	Th	5:10-5:40pm	4/25-6/13	8	\$105	CQRC
434205-06	Sa	8:10-8:30am	4/27-6/15	7	\$99	CQRC
434205-07	Sa	9:20-9:50am	4/27-6/15	7	\$99	CQRC
434205-08	Sa	11:40am-12:10pm	4/27-6/15	7	\$99	CQRC
134205-01	M-Th	5:10-5:40pm	6/24-7/3	7	\$99	CQRC
134205-02	Sa	8:10am-8:40pm	6/29-7/27	5	\$75	CQRC
134205-03	Sa	9:20-9:50am	6/29-7/27	5	\$75	CQRC
134205-04	Sa	9:55-10:25am	6/29-7/27	5	\$75	CQRC
134205-05	Sa	11:40am-12:10pm	6/29-7/27	5	\$75	CQRC
134205-06	Su	8:45-9:15am	6/30-7/28	5	\$75	CQRC
134205-07	Su	11:05-11:35am	6/30-7/28	5	\$75	CQRC
134205-08	M-Th	5:10-5:40pm	7/8-7/18	8	\$105	CQRC
134205-09	M-Th	5:10-5:40pm	7/22-8/1	8	\$105	CQRC
134205-10	Sa	8:10am-8:40pm	8/3-8/31	5	\$75	CQRC
134205-11	Sa	9:20-9:50am	8/3-8/31	5	\$75	CQRC
134205-12	Sa	9:55-10:25am	8/3-8/31	5	\$75	CQRC
134205-13	Sa	11:40am-12:10pm	8/3-8/31	5	\$75	CQRC
134205-14	Su	8:45-9:15am	8/4-9/1	5	\$75	CQRC
134205-15	Su	11:05-11:35am	8/4-9/1	5	\$75	CQRC
134205-16	M-Th	5:10-5:40pm	8/5-8/15	8	\$105	CQRC
134205-17	M-Th	5:10-5:40pm	8/19-8/29	8	\$105	CQRC



City of Alexandria is a proud member of the USA Swimming Foundation's Make A Splash water safety initiative to teach every child to learn to swim and convey the importance of water safety.

Individual Swim Lessons

For ages 3 & up.

For lesson schedules and enrollment, please visit alexandriava.gov/WebTrac.

Crocodiles

Ages 6-13. *Level 1 Introduction to Water Skills.* The emphasis at this beginner level is successful water adjustment, safety skills, and floating with support. Min 3/Max 6. No class 5/25, 5/26, 5/27.

434206-01	W	5:10-5:40pm	4/24-6/12	8	\$105	CQRC
434206-02	Th	5:40-6:10pm	4/25-6/13	7	\$99	CQRC
434206-03	Sa	8:45-9:15am	4/27-6/15	7	\$99	CQRC
434206-04	Sa	11:40am-12:10pm	4/27-6/15	7	\$99	CQRC
434206-05	Su	9:20-9:50am	4/28-6/16	7	\$99	CQRC
434206-06	Su	11:40am-12:10pm	4/28-6/16	7	\$99	CQRC
134206-01	M-Th	5:45-6:15pm	6/24-7/3	7	\$99	CQRC
134206-02	Sa	8:45-9:15am	6/29-7/27	5	\$75	CQRC
134206-03	Sa	11:40am-12:10pm	6/29-7/27	5	\$75	CQRC
134206-04	Su	9:20-9:50am	6/30-7/28	5	\$75	CQRC
134206-05	Su	11:40am-12:10pm	6/30-7/28	5	\$75	CQRC
134206-06	M-Th	5:45-6:15pm	7/8-7/18	8	\$105	CQRC
134206-07	M-Th	5:45-6:15pm	7/22-8/1	8	\$105	CQRC
134206-08	Sa	8:45-9:15am	8/3-8/31	5	\$75	CQRC
134206-09	Sa	11:40am-12:10pm	8/3-8/31	5	\$75	CQRC
134206-10	Su	9:20-9:50am	8/4-9/1	5	\$75	CQRC
134206-11	Su	11:40am-12:10pm	8/4-9/1	5	\$75	CQRC
134206-12	M-Th	5:45-6:15pm	8/5-8/15	8	\$105	CQRC
134206-13	M-Th	5:45-6:15pm	8/19-8/29	8	\$105	CQRC

Otters

Ages 6-13. *Level 2 Fundamental Aquatic Skills.* For the child who is independent, with an emphasis on breath control, buoyancy, changing direction, and water safety. Min 3/Max 6. No class 5/25, 5/26, 5/27.

434207-01	M	6:50-7:20pm	4/22-6/10	7	\$99	CQRC
434207-02	M	5:10-5:40pm	4/22-6/10	7	\$99	CQRC
434207-04	Sa	9:20-9:50am	4/27-6/15	7	\$99	CQRC
434207-05	Sa	11:05-11:35am	4/27-6/15	7	\$99	CQRC
434207-06	Sa	12:50-1:20pm	4/27-6/15	7	\$99	CQRC
434207-07	Su	9:55-10:25am	4/28-6/16	7	\$99	CQRC
134207-01	M-Th	6:20-6:50pm	6/24-7/3	7	\$99	CQRC
134207-02	Sa	9:20-9:50am	6/29-7/27	5	\$75	CQRC
134207-03	Sa	11:05-11:35am	6/29-7/27	5	\$75	CQRC
134207-04	Sa	12:50-1:20pm	6/29-7/27	5	\$75	CQRC
134207-05	Su	9:55-10:25am	6/30-7/28	5	\$75	CQRC
134207-06	M-Th	6:20-6:50pm	7/8-7/18	8	\$105	CQRC
134207-07	M-Th	6:20-6:50pm	7/22-8/1	8	\$105	CQRC
134207-08	Sa	9:20-9:50am	8/3-8/31	5	\$75	CQRC
134207-09	Sa	11:05-11:35am	8/3-8/31	5	\$75	CQRC
134207-10	Sa	12:50-1:20pm	8/3-8/31	5	\$75	CQRC
134207-11	Su	9:55-10:25am	8/4-9/1	5	\$75	CQRC
134207-12	M-Th	6:20-6:50pm	8/5-8/15	8	\$105	CQRC
134207-13	M-Th	6:20-6:50pm	8/19-8/29	8	\$105	CQRC

Penguins

Ages 6-13. *Level 3 Stroke Development.* For the child who can swim without support with an emphasis on breathing to the side, front and back crawl, treading water, and water safety skills. Min 4/Max 6. No class 5/25, 5/26, 5/27.

434208-01	M	6:15-6:45pm	4/22-6/10	7	\$99	CQRC
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434208-02	W	6:50-7:20pm	4/24-6/12	8	\$105	CQRC
434208-03	Sa	8:45-9:15am	4/27-6/15	7	\$99	CQRC
434208-04	Sa	10:30-11am	4/27-6/15	7	\$99	CQRC
434208-05	Sa	11:40am-12:10pm	4/27-6/15	7	\$99	CQRC
434208-06	Su	11:05-11:35am	4/28-6/16	7	\$99	CQRC
134208-01	M-Th	6:55-7:25pm	6/24-7/3	7	\$99	CQRC
134208-02	Sa	8:45-9:15am	6/29-7/27	5	\$75	CQRC
134208-03	Sa	10:30-11am	6/29-7/27	5	\$75	CQRC
134208-04	Sa	11:40am-12:10pm	6/29-7/27	5	\$75	CQRC
134208-06	Su	11:05-11:35am	6/30-7/28	5	\$75	CQRC
134208-07	M-Th	6:55-7:25pm	7/8-7/18	8	\$105	CQRC
134208-08	M-Th	6:55-7:25pm	7/22-8/1	8	\$105	CHRC
134208-09	Sa	8:45-9:15am	8/3-8/31	5	\$75	CQRC
134208-10	Sa	10:30-11am	8/3-8/31	5	\$75	CQRC
134208-11	Sa	11:40am-12:10pm	8/3-8/31	5	\$75	CQRC
134208-12	Su	11:05-11:35am	8/4-9/1	5	\$75	CQRC
134208-13	M-Th	6:55-7:25pm	8/5-8/15	8	\$105	CQRC
134208-14	M-Th	6:55-7:25pm	8/19-8/29	8	\$105	CHRC

Seals

Ages 6-13. *Level 4 Stroke Improvement.* For the swimmer to become more competent in front and back crawl, elementary backstroke, breaststroke, butterfly, diving, and water safety skills. Min 4/Max 6. No class 5/25, 5/27.

434209-01	W	5:40-6:10pm	4/24-6/12	8	\$105	CQRC
434209-02	Sa	11:05-11:35am	4/27-6/15	7	\$99	CQRC
434209-03	Sa	12:15-12:45pm	4/27-6/15	7	\$99	CQRC
134209-01	M-Th	7:30-8pm	6/24-7/3	7	\$99	CQRC
134209-02	Sa	11:05-11:35am	6/29-7/27	5	\$75	CQRC
134209-03	Sa	12:15-12:45pm	6/29-7/27	5	\$75	CQRC
134209-04	M-Th	7:30-8pm	7/8-7/18	8	\$105	CQRC
134209-05	M-Th	7:30-8pm	7/22-8/1	8	\$105	CQRC
134209-06	Sa	11:05-11:35am	8/3-8/31	5	\$75	CQRC
134209-07	Sa	12:15-12:45pm	8/3-8/31	5	\$75	CQRC
134209-08	M-Th	7:30-8pm	8/5-8/15	8	\$105	CQRC
134209-09	M-Th	7:30-8pm	8/19-8/29	8	\$105	CQRC

Dolphins

Ages 6-13. *Level 5 Stroke Refinement.* Continue the refinement of strokes, surface dives and turns in preparation for swim team or fitness swimming. Min 4/Max 6. No class 5/25.

434210-01	Sa	8:15-9am	4/27-6/15	8	\$129	CQRC
134210-01	Sa	8:15-9am	6/29-7/27	5	\$85	CQRC
134210-02	Sa	12-12:45pm	6/29-7/27	5	\$85	CQRC
134210-03	Sa	8:15-9am	8/3-8/31	5	\$85	CQRC
134210-04	Sa	12-12:45pm	8/3-8/31	5	\$85	CQRC

Homeschooler Beginner Learn to Swim

Ages 6-17. *Levels 1 & 2 Introduction to Fundamental Aquatic Skills.* Swim lessons are a great way for children to fulfill their homeschool physical education requirements. Participants will enjoy a 30-minute swim lesson with an emphasis on water adjustment, breath control, buoyancy, changing direction, and water safety; followed by a 30-minute recreational swim. Min 2/Max 6.

434221-01	W	10:30-11:30am	4/24-6/12	8	\$145	CQRC
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Homeschooler Advanced Learn to Swim

Ages 6-17. Levels 3 & 4 Stroke Development and Improvement. Swim lessons are a great way for children to fulfill their homeschool physical education requirements. Participants will enjoy a 30-minute swim lesson with an emphasis on front and back crawl, elementary backstroke, breaststroke, sidestroke, treading water, and diving; followed by a 30-minute recreational swim. Min 2/Max 6.

434222-01 F 1:30-2:30pm 4/26-6/14 8 \$145 CQRC

Swim Clinic

Ages 14 & up. Improve your swim stroke with an experienced swim coach. Swimmers of all levels are welcome. Participants must be able to swim 25 meters. Focus on freestyle swim. Nonresidents \$20. Min 4/Max 20.

134233-01 Su 8:15-10am 6/23-6/23 1 \$15 CQRC

Lifeguard Training

Ages 15 & up. The City of Alexandria Lifeguarding program offers training in the nationally recognized American Red Cross Lifeguard Program. The course prepares individuals 15 years and older to become professional lifeguards by introducing them to concepts and skills necessary to prevent and to respond to aquatic emergencies in a swimming pool. The skills taught include water rescue, Cardio Pulmonary Resuscitations (CPR), the use of an Automated External Defibrillator (AED), and first aid. Successful participants will receive American Red Cross certification in Lifeguard Training, CPR/AED for the Professional Rescuer, First Aid. Meeting times for this training program are: Friday 4-8 pm, Saturday and Sunday 8 am-6 pm, Monday 4-8pm. Min 4/Max 10.

434220-02 F-Su 8am-6pm 5/3-5/5 3 \$245 CQRC

434220-03 F-Su 8am-6pm 5/17-5/19 3 \$245 CQRC

434220-04 F-Su 8am-6pm 5/31-6/2 3 \$245 CQRC

SMALL GROUP SWIM LESSONS

FINS

Ages 3-7. Level 1 Introduction to Water Skills. Focused Instruction for New Swimmers (FINS) offers low participant instructor ratio with emphasis on successful water adjustment, safety skills, and floating with support. Min 2/Max 3.

434249-01 Sa 9:05-9:30am 4/27-6/15 8 \$175 CQRC

434249-02 Sa 9:40-10:10am 4/27-6/15 8 \$175 CQRC

434249-03 Sa 10:15-10:45am 4/27-6/15 8 \$175 CQRC

434249-04 Sa 10:50-11:20am 4/27-6/15 8 \$175 CQRC

434249-05 Sa 11:25-11:55am 4/27-6/15 8 \$175 CQRC

134249-01 Sa 9:05-9:35am 6/29-7/27 5 \$119 CQRC

134249-02 Sa 9:40-10:10am 6/29-7/27 5 \$119 CQRC

134249-03 Sa 10:15-10:45am 6/29-7/27 5 \$119 CQRC

134249-04 Sa 10:50-11:20am 6/29-7/27 5 \$119 CQRC

134249-05 Sa 11:25-11:55am 6/29-7/27 5 \$119 CQRC

134249-06 Sa 9:05-9:35am 8/3-8/31 5 \$119 CQRC

134249-07 Sa 9:40-10:10am 8/3-8/31 5 \$119 CQRC

134249-08 Sa 10:15-10:45am 8/3-8/31 5 \$119 CQRC

134249-09 Sa 10:50-11:20am 8/3-8/31 5 \$119 CQRC

134249-10 Sa 11:25-11:55am 8/3-8/31 5 \$119 CQRC

ADAPTIVE SWIM LESSONS

Dippers Beginners TR

Ages 6 & up. Level 1 Introduction to Water Skills. The emphasis at this adaptive beginner level is successful water adjustment, safety skills, and floating with support for those with special needs. Parent participation may be required. Min 2/Max 3.

433001-01 Th 5:10-5:40pm 4/25-5/23 5 \$105 CQRC

Dippers Swimmers TR

Ages 6 & up. Level 2 Fundamental Aquatic Skills. For the adaptive swimmer who is independent, with an emphasis on breath control, buoyancy, changing direction, and water safety. Min 2/Max 3.

433002-01 Th 5:45-6:15pm 4/25-5/23 5 \$105 CQRC

COMMUNITY SWIM ACTIVITIES

Splash & Snack +ADULT DROP-IN NEW!

Ages 2-5 with adult. Join friends and meet new ones in this social water exploration class. A water safety instructor will work closely with you and your little one to develop swim skills for 30 minutes. Then, enjoy 60 minutes of social snack and play time in a play room. Please bring your own snacks. Nonresidents \$20. Max 12.

W 12:45-2:15pm 4/24 1 \$15 CQRC

W 12:45-2:15pm 5/1 1 \$15 CQRC

W 12:45-2:15pm 5/8 1 \$15 CQRC

W 12:45-2:15pm 5/15 1 \$15 CQRC

W 12:45-2:15pm 5/22 1 \$15 CQRC

W 12:45-2:15pm 5/29 1 \$15 CQRC

W 12:45-2:15pm 6/5 1 \$15 CQRC

W 12:45-2:15pm 6/12 1 \$15 CQRC

W 12:45-2:15pm 6/19 1 \$15 CQRC

World's Largest Swim Lesson NEW!

All Ages. Become a world record breaker! Help raise awareness about the importance of teaching swimming to help prevent drowning. Aquatic facilities around the globe will host local lessons on the same day in an attempt to break the Guinness World Record! Space is limited, register today. Min 24/Max 60.

484300-01 Th 6:30-7:15pm 6/20 1 Free OTPL

Meet Me At The Pool NEW! DROP-IN

All Ages. Join us as we open the Outdoor pools for summer 2019. Enjoy swimming, music, snacks, face painting, games, aqua class demos and much more! Max 500.

Sa 4-7pm 5/25 1 Free OTPL

Swim A Lap A Day NEW!

All Ages. Let's see how many lap swimmers we can get this year! To celebrate, daily admission lap swimmers can bring a friend for free, and Chinquapin passholders may bring up to three lap swim buddies for free!

M 6am-8:45pm 6/17 1 Free CQRC

AQUA AEROBICS



Water Walking **DROP-IN**

Ages 18 & up. Let the water help you work! This non-weight bearing class will build, tone, and strengthen muscles and joints, while conditioning your body in water. Warm up, stretch, workout, and cool down to popular songs of the past and present. Instructor Coast to Coast Fitness. Min 6/Max 20. No class 7/4.

433100-01	Tu,Th	10:45-11:45am	4/25-6/20	17	\$145	CQRC
133100-01	Tu,Th	10:45-11:45am	6/25-8/8	13	\$115	CQRC

Aquatic Dance Exercise **DROP-IN**

Ages 18 & up. Do traditional exercises leave you bruised, battered, or just bored? Get fit in a fun, safe, and comfortable environment. Moving in chest-deep water, the resistance will assist with weight loss, increasing endurance, toning muscles, and improving flexibility. Dance your way to better health! Swimming ability not required. Instructor Cindy Marisch. Min 9/Max 25. No class 7/4.

433101-01	Tu,Th	6:30-7:30pm	4/23-6/20	18	\$199	CQRC
433101-02	Tu,Th	7:30-8:30pm	4/23-6/20	18	\$199	CQRC
133101-01	Tu,Th	6:30-7:30pm	6/25-8/29	19	\$209	CQRC
133101-02	Tu,Th	7:30-8:30pm	6/25-8/29	19	\$209	CQRC

AM Aqua Aerobics **DROP-IN**

Ages 18 & up. Work out at your own pace! Designed to use water as the mode for resistance and training, all fitness levels and age groups are welcome, including deconditioned and new exercisers. Swimming ability not required. Instructor For Every Body Fitness. Min 10/Max 25. No class 5/27.

433102-01	M,W	9-10am	4/22-6/19	17	\$205	CQRC
433102-02	F	9-10am	4/26-6/21	9	\$109	CQRC
133102-01	M,W	9-10am	6/24-8/28	20	\$239	CQRC
133102-02	F	9-10am	6/28-8/30	10	\$119	CQRC

Deep Water Aqua Aerobics **DROP-IN**

Ages 18 & up. Cross-train in the water! Basic boxing, kick, resistance and interval trainings strengthen the upper and lower body and abdominals while improving flexibility and cardiovascular health. Flotation and resistance equipment provided. Instructor For Every Body Fitness. Min 10/Max 25.

433103-01	W	6:30-7:30pm	4/24-6/19	9	\$109	CQRC
433103-02	W	7:30-8:30pm	4/24-6/19	9	\$109	CQRC
133103-01	W	6:30-7:30pm	6/26-8/28	10	\$119	CQRC
133103-02	W	7:30-8:30pm	6/26-8/28	10	\$119	CQRC

DROP-IN \$12 per Aqua Aerobics class (\$15 for nonresidents).
Subject to minimums and maximums.

Get in Deep with Candice **DROP-IN**

Ages 18 & up. Experience an invigorating deep water workout in the diving well. This non-impact workout challenges all fitness levels. Incorporate cardiovascular work with resistance training, while using circuits, intervals and basic steady-paced work. Swimming ability not required. Flotation equipment provided. Instructor Candice Kaup. Min 15/Max 25. No class 5/27.

433104-01	M	6:30-7:15pm	4/22-6/17	8	\$89	CQRC
133104-01	M	6:30-7:15pm	6/24-8/26	10	\$115	CQRC

Aqua Cycling **NEW!**

Ages 18 & up. Improve balance and up your cardio with cycling-style exercises in the pool. The water adds resistance, helps with flexibility, and range of motion. Flotation equipment provided. Instructor Tammy. Min 3/Max 20. No class 5/27.

434252-01	M,W	12-12:45pm	4/22-6/19	17	\$155	CQRC
134251-01	M,W	12-12:45pm	6/24-8/28	20	\$179	CQRC

Aqua Tabata **NEW!**

Ages 18 & up. Boost metabolism with rounds of high-intensity exercises performed in 20 seconds on, 10 seconds off intervals. The water adds resistance while also making moves safer for all ability and flexibility levels. Flotation equipment provided. Instructor Tammy. Min 3/Max 20. No class 5/27.

434253-01	M,W	6:15-7am	4/22-6/19	17	\$155	CQRC
134252-01	M,W	6:15-7am	6/24-8/28	20	\$179	CQRC

Hydro Pilates

Ages 18 & up. Pilates has found additional benefits by adapting traditional practice to the zero gravity feel of an aquatic environment. These exercises challenge your stability, core strength and develop your breathing in a way that traditional Pilates cannot. Swimming ability not required. Instructor For Every Body Fitness. Min 10/Max 25.

433106-01	Tu	7:30-8:15am	4/23-6/18	9	\$109	CQRC
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Aquatic Exercise for Seniors **55+ DROP-IN**

Ages 55 & up. Improve muscular and cardiovascular strength and endurance without jumping, running or swimming. Eliminate joint aches, improve balance and minimize chances of falling. Email candicekaup@yahoo.com or call 703.863.1898. Instructor Candice Kaup. Min 15/Max 30. No class 7/4.

433105-01	Tu,Th	8:15-9am	4/23-6/20	18	\$185	CQRC
433105-02	Tu,Th	9:30-10:15am	4/23-6/20	18	\$185	CQRC
133105-01	Tu,Th	8:15-9am	6/25-8/29	19	\$195	CQRC
133105-02	Tu,Th	9:30-10:15am	6/25-8/29	19	\$195	CQRC

Swim Around the World

All ages. Swim the distances of some of the world's most challenging open water swims, and upon completion, receive the corresponding sticker to commemorate on swim challenge water bottle. Registration fee provides participants with a water bottle to start, and access to challenges and sticker prizes. \$25. 634202-01



LET'S GET PHYSICAL! Instructors are ready to help you reach your fitness goals no matter how big or small. Improve strength, endurance, balance, flexibility and mind/body awareness.



MIND/BODY WELLNESS

Lil' Yogis

Ages 3-5. Designed for a gentle flow to develop a strong yoga foundation, this class offers new or seasoned yogis poses with animal names that are paired with our favorite children's music. Instructor Alejandra. Min 3/Max 12.

412606-01	Th	3:15-4pm	4/25-6/13	8	\$105	CHRC
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PiYo Power Core and More

Ages 16 & up. Streamline your body! Improve strength, balance, flexibility and mind/body awareness. A powerful mix of muscle toning, yoga and the Joseph Pilates method. Strengthening exercises are combined with mat exercises to firm muscles and abdominals. Meditations, deep stretches and breathing exercises totally relax the mind and body. Instructor Christie Motley & Team. Min 6/Max 15.



413102-01	F	7-7:45am	4/26-6/21	9	\$95	CQRC
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113102-01	F	7-7:45am	6/28-8/30	10	\$105	CQRC
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Pilates

Ages 18 & up. Create long, lean muscles with a blend of strength and flexibility training that improves posture and reduces stress. Instructor Reena. Min 3/Max 15. No class 5/27.

413112-01	M	5:45-6:30pm	4/22-6/17	8	\$89	CHRC
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413112-02	W	5:45-6:30pm	5/1-6/12	7	\$75	PHRC
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113112-01	M	5:45-6:30pm	6/24-8/26	10	\$115	CHRC
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Pre-Natal Yoga

Ages 18 & up. With this combination of strengthening and stretching, learn effective breathing techniques, pelvic floor exercises, fetal positioning for labor, hip openers, as well as postures to release tension in the neck, shoulders, and back. Instructor Body Basics. Min 8/Max 20.

413134-01	Th	11-11:45am	5/2-6/20	8	\$149	CHRC
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413134-02	W	6:30-7:15pm	4/24-6/12	8	\$149	LEEC
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113134-01	W	6:30-7:15pm	6/26-8/28	8	\$149	LEEC
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Me, Baby, and Yoga +ADULT

Ages 18 & up. Combine yoga and play to get back in shape while strengthening the bond between you and your infant. Experience flowing and challenging postures and calming restorative time in a playful safe environment for babies. Instructor For Every Body Fitness. Min 8/Max 20. No class 5/28.

413129-01	Th	10:30-11:15am	4/25-6/20	9	\$109	CQRC
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113129-01	M	10:30-11:15am	6/24-8/26	10	\$119	CHRC
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Yoga in the Morning

Ages 18 & up. Start the day off right and reduce stress. Practice posture and breathing techniques to reduce tension, improve circulation and learn to relax. Bring a towel or mat. Instructor For Every Body Fitness. Min 10/Max 25. No class 7/4.

413104-01	Tu,Th	9:15-10:15am	4/23-6/20	18	\$215	CQRC
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113104-01	Tu,Th	9-10am	6/25-8/29	19	\$229	CHRC
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To Yoga

Ages 18 & up. Time to relax. Breathe. Roll your shoulders. Stretch your spine. Physical therapy is mixed with yoga and a little humor. Connect not only your mind and body, but also connect with a great group of fellow students. Instructor For Every Body Fitness. Min 8/Max 20. No class 5/27.

413106-01	M	6:30-7:30pm	4/22-6/17	8	\$99	CQRC
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113106-01	M	6:45-7:45pm	6/24-8/26	10	\$119	CQRC
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Vinyasa Yoga NEW!

Ages 18 & up. In this transformative style of yoga, practice in moving meditation, linking poses with the flow of the breath, music, mantra and yoga philosophy. You will move at a steady pace building heat, endurance, flexibility, strength, and ultimately, inner stillness. Instructor For Every Body Fitness. Min 10/Max 20.

413115-01	W	9:05-9:50am	4/24-6/19	9	\$99	CHRC
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113115-01	W	9:05-9:50am	6/26-8/28	10	\$119	CHRC
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Fit and Fab Yoga Series NEW!

Ages 18 & up. Workout to the music that fits your mood. If you are looking for an alternative yoga to get you sweating to a mixture of hip hop and dance music, then Trap Yoga is your bae! When you're ready to cool out, try Vinyasa Yoga to your favorite R&B songs. Instructor Body Basics. Min 8/Max 20.



Trap Yoga

413136-01	Sa	10-11am	5/4-5/25	4	\$75	LEEC
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413136-02	Sa	10-11am	5/4	1	\$19	LEEC
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413136-03	Sa	10-11am	5/11	1	\$19	LEEC
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413136-04	Sa	10-11am	5/18	1	\$19	LEEC
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413136-05	Sa	10-11am	5/25	1	\$19	LEEC
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R&B Relaxation Yoga

413136-06	Sa	10-11am	6/1-6/22	4	\$75	LEEC
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413136-07	Sa	10-11am	6/1	1	\$19	LEEC
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413136-08	Sa	10-11am	6/8	1	\$19	LEEC
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413136-09	Sa	10-11am	6/15	1	\$19	LEEC
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413136-10	Sa	10-11am	6/22	1	\$19	LEEC
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Tai Chi

Ages 18 & up. Looking for a way to reduce stress? Consider tai chi! Originally developed for self-defense, tai chi has evolved into a graceful exercise for stress reduction and a variety of other health conditions. Often described as meditation in motion, tai chi promotes serenity through gentle, flowing movements. Instructor For Every Body Fitness. Min 10/Max 20. No class 7/4.



413111-01	W	3:30-4:30pm	4/24-6/19	9	\$99	CQRC
413111-02	Th	10:30-11:30am	4/25-6/20	9	\$99	CHRC
413111-03	F	10:30-11:30am	4/26-6/21	9	\$99	PHRC
113111-01	W	4:30-5:30pm	6/26-8/28	10	\$119	CQRC
113111-02	Th	11:20am-12:20pm	6/27-8/29	9	\$99	CHRC

Dynamic Three: Barre, Pilates, Yoga

Ages 18 & up. Focus on powerful and precise movements using a ball, weights, and bands. Fundamentals of centering, breathing, concentration, and precision are performed with focused muscle contractions. The class is low-impact and each toning section is followed by stretching in order to create long, lean supple muscles. Instructor Christie. Min 3/Max 15. No class 5/27.

413109-01	M,W	6:30-7:15am	4/22-6/19	17	\$135	CQRC
113109-01	M,W	6:30-7:15am	6/24-8/28	20	\$165	CQRC



Jacki Sorensen's Aerobic Dance

Ages 18 & up. Combine stretching, flexibility, core work, strength training and aerobic exercise into each class. Choreographed to upbeat, motivating music, participate at your own level for a safe, effective, total body workout. Bring mat for floor work, optional handheld weights. Instructor Marilyn Myers (jackis.com). Min 3/Max 15. No class 5/27, 7/17.

413103-01	M,W	9:30-10:30am	4/22-6/19	17	\$195	LEEC
113103-01	M,W	9:30-10:30am	6/24-8/21	17	\$195	CHRC

Stretch it Out 55+

Ages 55 & up. Improve and maintain strength, flexibility, and balance while emphasizing good postural alignment and relaxation. Instructor Reena. Min 4/Max 15. No class 7/4.

413122-01	Th	10:10-10:45am	4/25-6/20	9	\$95	CKRC
413122-02	W	9:30-10:15am	5/1-6/19	8	\$89	PHRC
113122-01	Th	10:20-11:05am	6/27-8/29	9	\$95	CHRC

CARDIO WORKOUT

Jazzercise DROP-IN

Ages 16 & up. Burn up to 600 calories in one fun and effective total body workout. Combine dance-based cardio with strength training and stretching to sculpt, tone and lengthen muscles for maximum fat burn. Choreographed to today's hottest music, Jazzercise is a fusion of dancing, aerobic exercise, resistance training, Pilates, yoga and kickboxing. To register, call Cameron Hall at 703.395.7766 or email Hall_cameron@hotmail.com for more information. Monthly (Easy Fitness Ticket) \$50, Walk-ins \$20. Instructor Cameron Hall. Min 5/Max 40. No class 5/27, 6/11, 7/4.

M,W	5:15-6:15pm	4/1-8/31	44	varies	ODRC
M,W	6:15-7:15pm	4/1-8/31	44	varies	ODRC
Tu	5-6pm	4/1-8/31	21	varies	ODRC
Th	6-7pm	4/1-8/31	21	varies	ODRC
Tu,Th	6:30-7:30pm	4/1-8/31	42	varies	CBRC
Sa	9-10am	4/1-8/31	22	varies	NLRC
Su	10-11am	4/1-8/31	21	varies	NLRC

Fitness Passes*

Neighborhood Recreation Center Pass (Charles Houston, Chick Armstrong, Patrick Henry and William Ramsay)

Day: \$5/\$10
Month: \$40/\$80 per 3 mos.
6-month: \$75/\$150
Annual Pass: \$125/\$250

Chinquapin Park Recreation Center & Aquatics Facility (includes access to open swim, saunas, and racquetball)

Day: \$8/\$12
Month: \$50/\$100 per mo.
6-month: \$250/\$500
Annual Pass: \$450/\$885

Personal Training

Certified trainers can design a private, customized exercise program just for you, then provide guidelines on proper form and technique. Dates and times by appointment at 703.746.5427 or skylar.borman@alexandriava.gov.

60-minute sessions:
 \$199 for package of 4 or \$59 each



*Prices listed as Resident/Nonresident. City residents 55 & older are eligible for a 20% discount. For all Chinquapin pass options, visit alexandriava.gov/Aquatics.

Total Body Burn

Ages 16 & up. Incorporate strength and cardio segments for a total body workout with fun music and high-energy. Condition, strengthen and tone some of the biggest muscle groups. All levels of participants are welcome. Instructor Reena. Min 3/Max 15. No class 6/12.

413116-01 Tu 10:45-11:30am 4/23-6/18 9 \$125 CQRC

Zumba

Ages 16 & up. Ditch the workout and party! Zumba infuses Latin Dances such as salsa, meringue, bachata, samba, reggaeton and even modern day hip hop. This intense workout helps you lose weight while having fun and learning basic Latin moves. Min 6/Max 20. No class 7/4.



413107-01 M 6:15-7:15pm 4/22-6/17 9 \$95 CHRC
113107-01 M 6:15-7:15pm 6/24-8/26 8 \$89 CHRC
113107-02 Th 6:30-7:30pm 6/27-8/8 6 \$65 CHRC

Cardio Dance Fit

Ages 18 & up. Groove through this high Intensity cardio total body workout with dance and music mix. Finish with strength and muscle building workout targeting core, upper body, and lower body. Floor mats recommended but not always needed. Instructor Megan Lively. Min 3/Max 15.

413117-01 W 8-8:45pm 4/24-5/29 6 \$89 CHRC

Cardio, Sculpt, and Core

Ages 18 & up. Work your body, burn calories, and strengthen muscles! Cardio movements are blended with balance and controlled muscle movements that may not be fast but are powerful! Build muscle power to increase strength, tone upper and lower body. Instructor Christie. Min 5/Max 15. No class 5/27.



413101-01 M,W 6:05-7am 4/22-6/19 17 \$139 CQRC
113101-01 M,W 6:05-7am 6/24-8/28 20 \$165 CQRC

Zumbata **NEW!**

Ages 18 & up. Enjoy Latin-inspired dance with Tabata timing from a certified Zumba and Tabata instructor. The small group setting will give you more personalized attention from the instructor to ensure proper form. Instructor Tammy. Min 3/Max 10. No class 5/27.

414210-01 M,W 10:30-11:15am 4/22-6/19 17 \$155 CQRC

Doo Wop Aerobics **NEW!**

Ages 18 & up. Get your body moving with energetic, upbeat aerobics for all levels of fitness enthusiasts. Combine cardiovascular training and toning exercises for a total body workout while listening to your favorite Doo Wop songs. Instructor Body Basics. Min 8/Max 20.

413135-01 Tu 6:30-7:15pm 4/30-6/11 7 \$95 LEEC
113135-01 Tu 6:30-7:15pm 6/25-8/13 8 \$105 LEEC

"Werk" it Out

Ages 18 & up. Shake it, pop it, shimmy it down...it is so fun and easy to burn calories! Carefully selected music and choreography will keep your mind and body engaged while you burn calories without even realizing you're working hard. Instructor Diva Dolls Fitness. Min 10/Max 20. No class 7/4.

113123-01 Th 7:30-8:30pm 6/27-8/1 6 \$125 CHRC

CARDIO & STRENGTH

Lil' Fitness

Ages 3-5. Children will learn a variety of games, focusing on working together and friendly competition. They will use their imagination and physical skill to stomp their way to fitness! Min 3/Max 12. No class 5/25.

412601-01 Sa 11:30am-12:15pm 4/27-6/15 7 \$89 NLRC

MiKiDo Ruff & Tumble

Ages 3-5. Want your child to develop skills in teamwork, focus and fitness? Build a foundation in these important life skills in a lively, fun martial arts-infused program. The four major components of fitness are emphasized: endurance, flexibility, strength, and coordination. Instructor Hess Fitness Inc. Min 7/Max 20.

412604-01 Sa 9:50-10:50am 4/27-6/15 8 \$129 CQRC
112604-01 Sa 9:50-10:50am 6/29-8/17 8 \$129 CQRC

WCRB Karate

Ages 6-11. Beginners concentrate on self-discipline and learn the art of sustained concentration, self-restraint, maximum focused attention when educators are talking, how to follow instruction with minimal supervision and more! Instructor WCRB Karate. Min 10/Max 20. No class 6/11.

412613-01 Tu 6-7pm 4/23-6/18 8 \$89 CHRC
112613-01 Tu 6-7pm 6/25-8/27 10 \$105 CHRC

Hip Hop Fitness

Ages 13 & up. Burn fat while having fun! Firm and sculpt your body to hip hop with a timed interval system to increase endurance, burn calories, strengthen muscles, toning and flexibility. Instructor Rodney Bates. Min 4/Max 15. No class 6/12.

414002-01 Tu 7-8pm 4/2-6/18 12 \$109 PHRC

Balance, Coordination & Aerobics **NEW!**

Ages 18 & up. Get fit while you sit! This combination of aerobic activity, strength building and stretching is suitable for all ages and fitness levels. Min 3/Max 15.

413120-01 W 10:30-11:15am 4/24-6/12 8 \$99 CQRC
113120-01 Tu 10:30-11:15am 6/25-8/27 10 \$105 CHRC

Adult Weight Training

Ages 18 & up. Burn calories, strengthen and tone muscles, and improve flexibility with cardio and weight circuit training. Increase your endurance while getting fit! Instructor Rodney. Min 4/Max 20.

414000-01 Th 7-8pm 4/6-6/27 13 \$109 PHRC

exercise & fitness

Cardio Circuit with Resistance **NEW!**

Ages 18 & up. Effective calorie-burning exercises add variety and intensity to your usual routine. Combine moderate steady-state cardio with short bursts of speed or agility exercises to build, shape and tone muscles! Instructor Christie. Min 6/Max 18.

413114-01	F	6:05-7am	4/26-6/21	9	\$99	CQRC
113114-01	F	6:05-7am	6/28-8/30	10	\$115	CQRC

Hips, Hamstrings, & Abs **NEW!**

Ages 18 & up. Open and stretch tight or weak hips, hamstring and ab muscles. A light five-minute cardiovascular workout is followed by exercises to increase awareness and set the foundation for abdominal strength, and body mechanics that balance abs, hop flex and hamstrings. This is a great compliment to any yoga or cardiovascular workout, especially for athletes and runners. Instructor Body Basics. Min 8/Max 20. No class 7/4.

413133-01	Th	5:45-6:30pm	4/25-6/13	8	\$75	CHRC
113133-01	Th	5:45-6:30pm	6/27-8/29	10	\$85	CHRC

LaBlast Dance Fitness & Tone **NEW!**

Ages 18 & up. Fun and easy-to-follow ballroom dance-based fitness class! Created by world-renowned dancer and fitness expert, Louis van Amstel, this partner-free program is for all levels. Incorporates strength training using weights or resistance bands. Instructor Marilyn. Min 3/Max 15. No class 7/5, 7/17, 7/19.

413110-01	F	9:30-10:30am	4/26-6/21	8	\$95	LEEC
413110-02	W	6-7pm	4/24-6/19	9	\$105	CHRC
113110-01	F	9:30-10:30am	6/28-8/23	7	\$89	CHRC
113110-02	W	6-7pm	6/26-8/21	8	\$95	CHRC

Essentrics: Age Reversing Stretch

Ages 18 & up. Increase joint movement, flexibility, strength, and energy while relieving pain. This full body workout is based on: tai chi's flowing movements for balanced health; ballet's theories for long, lean muscles; and healing powers of physiotherapy. By author of *Aging Backwards* and PBS show/book *Forever Painless*. Bring a mat. For info visit essentrics.com. Min 10/Max 20.

413113-01	Tu	11am-12pm	4/23-6/18	9	\$99	PHRC
413113-02	W	10:30-11:30am	4/24-6/19	9	\$99	CHRC
413113-03	Th	6-7pm	4/25-6/20	9	\$99	CQRC
413113-04	Th	7:15-8:15pm	4/25-6/20	9	\$99	CQRC
113113-01	W	10:40-11:40am	6/26-8/28	10	\$109	CHRC
113113-02	Th	6-7pm	6/27-8/29	9	\$99	CQRC
113113-03	Th	7:15-8:15pm	6/27-8/29	9	\$99	CQRC

Cardio Kickboxing

Ages 18 & up. Isolates muscles, placing just the right amount of stress on them to cause them to work harder and burn more fat. Workouts include: rhythmic kickboxing routines, light weight lifting routines, calisthenics, rope jumping, shadow boxing, punching and kicking pads and more! Instructor WCRB Karate. Min 3/Max 15. No class 6/11.

413128-01	Tu	7:15-8pm	4/23-6/18	8	\$89	CHRC
113128-01	Tu	7:15-8pm	6/25-8/27	10	\$105	CHRC

Boxercise Level I

Ages 18 & up. Learn basic self-defense tactics while getting in shape. This beginner level class is a fun and medium impact boxercise class that will aid in muscle toning, weight loss, and strength and conditioning while building and enhancing your self-esteem. Instructor Boxing Hall of Fame Inductee Anthony Suggs. Min 5/Max 15. No class 5/28.

413603-01	M,W	6:30-7:30pm	4/22-5/22	10	\$65	CHRC
413603-02	M,W	6:30-7:30pm	5/29-6/19	7	\$49	CHRC

Boxercise Level II **NEW!**

Ages 18 & up. This fun and effective form of cross-training incorporates a combination of boxing movements and aerobics while improving rhythm and coordination! Focus on upper body conditioning; cardiovascular fitness; and toning your arms, chest and abs. Box your way through a great workout! Instructor Boxing Hall of Fame Inductee Anthony Suggs. Min 5/Max 15.

413611-01	Tu,Th	6:30-7:30pm	4/23-5/23	10	\$65	CHRC
413611-02	Tu,Th	6:30-7:30pm	5/30-6/20	7	\$49	CHRC

Alexandria Boxing Club

After-school Youth Boxing

Ages 8-17. Learn athletic fundamentals and boxing basics. Year-round training includes building discipline, self-confidence, and work ethic through the sport of boxing. Communal gloves/handwraps available at no cost. Residents free, nonresidents \$10.

Monday - Friday, 5-6:30pm

Adult Open Gym Boxing

Ages 18 & up. Jump in on a circuit workout or take your stress out on the heavy bag. New members must attend an orientation on the first Monday of every month. Each participant must register with USA Boxing (www.usaboxing.org) and pay daily visit fees or use a fitness pass.

Monday - Friday, 6:30-8:30pm

Adult Parkinson's Fitness

Ages 18 & up. Noncontact boxing focuses on balance, agility, and hand-eye coordination. Exercises aim to help build muscular endurance and overall strength, while engaging cognitive endurance. See instructor for availability. Each participant is required to pay daily visit fees or use a fitness pass.

Wednesdays, 6:30-7:30pm

For information about Summer Camps for boys and girls ages 8-17, visit www.alxboxingclub.com.



Game On! Bootcamp

Ages 18 & up. Want a challenging, fun and supportive workout? Game On! utilizes fun music, cardio, light weights, and high repetitions. A focus on perfect form and timing under pressure results in an increase of muscle tone, lean functional muscle strength, and body awareness. Instructor For Every Body Fitness. Min 3/Max 20.

113131-01 Tu,Th 6:30-7:30pm 7/30-8/29 10 \$125 GWMS

AM Interval Training **NEW!**

Ages 18 & up. Join us for a fun and fit hour guaranteed to start your day off right. Diverse sets of interval training start with a warm-up and continue with graduated intense exercises interspersed with rest periods. This is a great workout to strengthen the whole body and burn calories. Instructor For Every Body Fitness. Min 10/Max 30. No class 6/12, 7/4.

414200-01 Tu,Th 6:05-7am 4/23-6/20 18 \$179 CQRC

114200-01 Tu,Th 6:05-7am 6/25-8/29 19 \$189 CQRC

ChinquaCircuit

Ages 18 & up. Accomplish your weekend fitness goal with a 30-minute full-body circuit incorporating functional strength and cardio training plus stretching. High-energy music and fresh exercises will keep you motivated, and the small group setting will give you more personalized attention from the instructor to ensure proper form. Instructor Jay. Min 3/Max 8.

414208-01 Sa 8:15-8:45am 4/27-6/22 9 \$75 CQRC

414208-02 Sa 8:55-9:25am 4/27-6/22 9 \$75 CQRC

114208-01 Sa 8:15-8:45am 6/29-8/24 9 \$75 CQRC

114208-02 Sa 8:55-9:25am 6/29-8/24 9 \$75 CQRC

Gladiator Fitness Boot Camp

Ages 18 & up. Want to feel more energized, confident and stronger? Get off the couch and out of the gym and accomplish more than you thought possible in the Boot Camp of the Discovery Channel. Nutritional counseling and meal planning guidance included. Pricing varies by commitment. Register at gladiatorfitness.net or gunnysarg@hotmail.com for more information. Min 10/Max 40. No class 5/28, 7/4.

M-F 5:30-6:30am 4/1-8/30 varies GWMS

Stroller Strides

Ages 18 & up. Getting in shape after giving birth can be tough, especially with a baby! This total fitness program includes power walking/running and resistance body toning using a stroller. All you need is your baby, a stroller that isn't prone to tipping, water and a towel or mat for ground exercises. First class is free. Register at arlington-alexandria.fit4mom.com, 571.305.2029 or jlungren@Fit4Mom.com. Min 1/Max 35. No class 7/4.

M-F 9:30-10:30am 5/27-7/4 29 varies ABPK

M,W-F 9:30-10:30am 5/27-7/4 23 varies PYPK

Sa 8:30-9:30am 5/4-7/6 11 varies CQRC

Fit4Mom

Ages 18 & up. Moms don't have a lot of time, so we combine everything you need for a full-body workout for all fitness levels. This is a moms only class, so no little ones please. The best way to start is to try out a class for free! Register at arlington-alexandria.fit4mom.com, 571.305.2029 or jlungren@Fit4Mom.com. Min 1/Max 15. No class 5/10.

Tu 9:15-10:15am 4/30-7/2 10 varies CQPK

Fit4Baby

Ages 18 & up. For women at any stage of pregnancy, this interval based prenatal program combines elements of strength training, cardiovascular exercises and stretching and balancing exercises. Instructors are certified to lead pregnant woman in exercises that are safe and appropriate for a changing body. Register, at arlington-alexandria.fit4mom.com, call 571.305.2029 or email jlungren@Fit4Mom.com. Max 25.

W 7-8pm 5/1-7/3 10 varies CQRC

Sergeant's Fitness Concepts

Ages 18 & up. If you want to get out of the gym and get fit while being outside, then you want this boot camp program! Think physical fitness for adults! Each class includes warm up, calisthenics, strength training and a cool down designed to reduce body fat, increase strength and improve your cardiovascular system. Register at SargeFitness.com or call 1.888. BOOTCAMP for more details. Min 10/Max 30. No class 5/28, 7/4.

M-F 6-7am 4/1-9/30 131 varies CQPK

Functional Fitness For Older Adults

Ages 50 & up. Improve your independence and meet your functional goals. Help improve upper and lower body strength, balance, flexibility and coordination. Safe and effective physical activity improves physical health and enhances psychological well-being. Instructor Fitness for Older Adults. Min 7/Max 17. No class 7/4.

413100-01 Tu,Th 9:05-10:05am 4/23-6/13 16 \$165 CHRC

113100-01 Tu,Th 9:05-10:05am 6/25-8/29 19 \$195 CHRC

Walk & Fit Training **55+**

Ages 55 & up. Enjoy a circuit training workout that will help firm and sculpt your body and enhance cardiovascular strength, while the use of weights and resistance bands increase your strength. Instructor Rodney. Min 4/Max 20.

414001-01 W 10-11am 4/10-6/26 12 \$109 PHRC

Senior Workout with Ms. Lynne **55+**

Ages 55 & up. Seniors, improve posture and balance, strengthen your muscles, learn how to minimize or eliminate aches and pains and increase your flexibility. Learn the many exercises that can be done while seated in a chair, leaning against a wall, or lying in bed. Instructor Ms. Lynne. Min 6/Max 20.

413801-01 Th 11-11:45am 4/25-5/30 6 \$49 MVRC

Senior Weight Training **55+**

Ages 55 & up. Seniors, strengthen and tone muscles while improving flexibility. This cardio and weight training curriculum is designed for older adults to increase endurance and burn calories using a timed interval system. Min 4/Max 20. No class 6/12.

414003-01 W 12-1pm 4/3-6/26 12 \$109 PHRC

Senior Body Part Aerobics **55+**

Ages 55 & up. Tone and sculpt your body with a low-impact physical workout with slow everyday movements. Use chairs and steps to increase balance and coordination. Designed for senior health and wellness but all ages are welcome. Min 4/Max 20. No class 5/27, 6/12.

404005-01 M,F 10-11am 4/1-6/28 25 \$105 PHRC

sports classes & leagues

GO TEAM! Sports leagues and classes help build camaraderie, new skills and fun competition in a variety of sports for toddlers, youth, teens and adults.



TUMBLING CLASSES

Baby Tumbling **+ADULT**

Ages 18 mos.-2 yrs. Designed to help stimulate and introduce some basic balancing, tumbling, agility techniques to your child, this class will include a group warm-up and individual drills that will consist of parent participation. Instructor TSP Team. Min 10/Max 15.

422620-01 Tu 11-11:45am 4/23-6/11 8 \$139 CHRC

Mom/Dad Me Tumbling **+ADULT**

Ages 2½-4 with adult. Forward rolls, handstands and bridges are the fundamentals introduced in a fun, playful setting. This class will include a group warm-up and individual drills with parent participation. Instructor TSP Team. Min 10/Max 15. No class 5/25.



422605-01 Sa 9:30-10:15am 4/27-6/22 8 \$145 CHRC

422605-02 Sa 11:30am-12:15pm 4/27-6/22 8 \$145 CHRC

122605-01 Sa 9:30-10:15am 6/29-8/24 8 \$145 CHRC

122605-02 Sa 11:30am-12:15pm 6/29-8/24 8 \$145 CHRC

Acrobatics I

Ages 5-7. Learn basic acrobatics including cartwheels, rounds-offs, back bends, hand stands, headstands, front/back walkovers, forward/backwards rolls. Learn to execute flexibility, strength, and balance while improving physical coordination and mental concentration. Instructor Megan Lively. Min 5/Max 10. No class 5/26, 7/21.

422612-02 Su 11-11:50am 4/28-6/23 8 \$119 LEEC

122612-01 Su 11-11:50am 6/30-8/25 9 \$129 LEEC

Basic Tumbling

Ages 5-8. Beginner tumblers will start learning basic techniques, such as forward rolls, backward rolls, handstands and bridges. A fun warm-up exercise will help athletes attain these skills. Instructor TSP Team. Min 8/Max 15.



422606-01 Sa 10:30-11:20am

4/27-6/22 9 \$145 CHRC

Gymnastics I

Ages 6-9. Learn basic gymnastics skills on four events (vault, bars, beam, and floor) using proper body position and correct form with training equipment. The class will rotate to alternating events each week. Students will gain strength, flexibility and coordination. Instructor Megan S. Min 3/Max 8. No class 5/27.

424206-01 M 4:15-5:15pm 4/22-6/17 8 \$165 CQRC

Gymnastics II

Ages 6-9. Learn intermediate gymnastics skills on four events (vault, bars, beam, and floor) using proper body position and correct form with training equipment. The class will rotate to alternating events each week and include new routines. Students will gain strength, flexibility and coordination. Prerequisite: Instructor assessment; email skylar.borman@alexandriava.gov to arrange. Instructor Megan S. Min 3/Max 10. No class 5/27.

424207-01 M 5:15-6:15pm 4/22-6/17 8 \$165 CQRC

Acrobatics II

Ages 6-10. Learn leaps, front/back walkovers, valdez, partnering techniques and combination routines. Execute flexibility, strength, and balance while improving physical coordination and mental concentration. Prerequisite: Completion of Acrobatics I or prior equivalent training. Instructor Megan Lively. Min 5/Max 10. No class 5/26, 7/21.

422613-01 Su 12-1pm 4/28-6/23 8 \$119 CHRC

122613-01 Su 12-1pm 6/30-8/25 9 \$129 CHRC

Cheer Tumbling

Ages 8-13. Want to perfect that roundoff? Still working on that back handspring? This coed class will help you pump up your cheer tumbling and jump skills with the assistance of our trained instructor. Instructor TSP Team. Min 6/Max 10. No class 5/26.



422622-01 Su 1-2pm 4/28-6/23 8 \$139 LEEC

Now Hiring... Only the Best!

Let's have a Summer of Smiles! The Department of Recreation, Parks and Cultural Activities is seeking creative, enthusiastic, and committed summer camp counselors who want to have fun while earning a competitive salary. Great for teachers, college students, or anyone with experience and a passion for working with children in the arts, sports, or sciences. For more information, visit alexandriava.gov/Jobs.



SOCCER CLASSES



Lil Kickers

Ages 2-5. Learn the basic fundamentals of coordination, while developing key social skills of sharing, taking turns and sportsmanship. Min 3/Max 20.
424000-01 Sa 10-11am 4/6-5/11 6 \$75 PHRC

Soccer Tots

Ages 2-6. Specialized for our youngest age group, a variety of fun games are professionally designed to delight and engage kids in physical education. A non-competitive environment and fun are encouraged above all else to develop motor skills, promote physical fitness and create self-confidence. Instructor TSP Team. Min 10/Max 20.

422610-01 F 11-11:45am 4/26-6/21 9 \$135 NLRC
422610-02 Tu 4-4:45pm 4/23-6/11 8 \$135 CQPK

Excite Soccer

Ages 3-6. Develop mental, physical, and social abilities through creative soccer games and activities taught by highly experienced staff, trained to work with young children. Learn individual skills, teamwork, and most importantly, have fun! Master basic coordination and agility with and without a soccer ball in a confidence-building environment. Instructor Excite Soccer. Min 8/Max 25. No class 5/25.

422600-01 Sa 4-4:45pm 4/27-6/15 7 \$125 BBPK

Racquetball Challenge Ladder

Ages 14 & up. Stay fit and meet new people playing the fun and challenging sport of racquetball. New and experienced players are welcome; on-going ladder ranking system matches singles players with similar ability levels to improve skill. Free to join ladder rankings, then \$4 per person per match. Equipment available. Email skylar.borman@alexandriava.gov to register. Welcome email with instructions will be sent upon registration. Min 6/Max 100.



FREE PICKLEBALL Combine badminton, tennis and ping-pong for this popular and quickly growing sport ideal for active adults.

M, Tu 10:45am-12:45pm NLRC
Th, F 9am-12pm CHRC
Su 3-4:30pm CHRC

Visit alexandriava.gov/Recreation for more open play sports.

TENNIS CLASSES

Little Shots

Ages 4-6. Fun games and activities are designed to build eye-hand coordination and familiarity with the tennis ball and racquet. Instructor First Serve Tennis. Min 3/Max 8. No class 5/25.

422619-01 Tu 3:30-4:15pm 4/23-6/18 9 \$225 CQPK
422619-02 F 3:30-4:15pm 4/26-6/21 9 \$225 PYPK
422619-03 Sa 9:30-10:15am 4/27-6/22 8 \$205 MVRC

Super Shots

Ages 5-6. Practice forehands, backhands, and volleys with an increased emphasis on movement and stroke combinations. Prerequisite: One or more seasons of tennis instruction and/or making consistent contact with the forehand and backhand. Instructor First Serve Tennis. Min 3/Max 10.



422617-01 Tu 4:30-5:15pm 4/23-6/18 9 \$225 CQPK
422617-02 F 4:30-5:15pm 4/26-6/21 9 \$225 PYPK

Spring into Tennis

Ages 7-12. Does your child want to learn tennis? Elementary aged players can start or brush up on the basics by improving hand-eye coordination and agility, performing racquet-handling skills, and becoming familiar with the tennis court. Participants are encouraged to bring their own racquets to each session. Min 6/Max 12.

423700-01 Sa 9:30-10:30am 4/6-4/27 4 \$19 CKRC
423700-02 Sa 11am-12pm 4/6-4/27 4 \$19 CKRC

Fun & Fundamentals Tennis 1 & 2

Ages 7-14. Through fun, skill-building games, beginners and advanced beginners learn and develop the fundamental strokes. Instructor First Serve Tennis. Min 3/Max 6. No class 4/28, 5/5, 5/25.

422616-01 Tu 5:30-6:30pm 4/23-6/18 9 \$225 CQPK
422616-02 Tu 6:30-7:30pm 4/23-6/18 9 \$225 CQPK
422616-03 F 5:30-6:30pm 4/26-6/21 9 \$225 PYPK
422616-04 F 6:30-7:30pm 4/26-6/21 9 \$225 PYPK
422616-05 Sa 10:30-11:30am 4/27-6/22 8 \$205 MVRC
422616-06 Sa 11:30am-12:30pm 4/27-6/22 8 \$205 MVRC

Adult Tennis 1

Ages 18 & up. New players learn the fundamental strokes: forehand, backhand, volleys, overhead and serve. Build consistency in groundstrokes and develop an initial ability to rally. Students are encouraged to repeat this class until they can consistently put the ball in play. Instructor First Serve Tennis. Min 3/Max 4.

423102-01 Tu 7:30-8:30pm 4/23-6/18 9 \$245 CQPK

sports classes & leagues

Adult Tennis 2

Ages 18 & up. Players with limited on-court experience will strengthen stroke fundamentals and develop the movement, positioning and skills necessary for initial singles and doubles match play. Prerequisite: Completion of Tennis 1 or similar experience. Instructor to participant ratio 4:1. Instructor First Serve Tennis. Min 3/Max 4.

423103-01 Tu 8:30-9:30pm 4/23-6/18 9 \$245 CQPK

Cardio Tennis **NEW!**

Ages 18 & up. High-paced drilling improves your tennis fitness and your stroke production! Drilling stations combine heart-healthy aerobics and important agility, strengthening and stretching exercises. Hit a lot of tennis balls, get your steps in and burn calories working out with us on court! Instructor First Serve Tennis. Min 3/Max 6. No class 5/25.

423104-01 Sa 8:30-9:30am 4/27-6/22 8 \$205 MVRC

Dodgeball Fanatics

Ages 7-12. Duck! Dip! Dive! And dodge your way to a great time! This instructor-led program teaches participants a safe way to play the game of dodgeball with gatorskin balls in a controlled environment. Participants will be placed on teams based on their age and skills. Min 6/Max 30.

423502-03 F 6:30-8:30pm 4/12 1 \$15 CBRC
423502-04 F 6:30-8:30pm 5/10 1 \$15 CBRC

Team Handball Clinic **NEW!**

Ages 18 & up. Team Handball is an exciting and fast-paced team game that is popular in Europe which combines the techniques of soccer and basketball to create a unique and fun game.

423230-01 Sa varies 4/6-4/27 4 \$55 JHES

ADDITIONAL SPORTS CLASSES

Lil' Pro Sports

Ages 3-4. Have fun and learn the basics of basketball, baseball, tennis and volleyball in a fun and energetic atmosphere. Participants will be introduced to the fundamentals of sports. Have fun and meet new friends. Min 5/Max 10.

122708-01 Sa 10-10:45am 6/15-7/27 7 \$89 LCCM

Lil Lacrosse

Ages 3-5. Students will learn basic lacrosse skills in a fun and friendly environment. Instructor TSP Team. Min 10/Max 20. No class 5/25.

422618-01 Sa 11-11:45am 4/27-6/22 8 \$149 CQPK

Jump Shots for Tots

Ages 3-6. Play in fun basketball skill building games to create or fuel a passion for the game of basketball. Come dressed in athletic apparel. Instructor Hoop Life. Min 10/Max 25. No class 5/23, 5/25.

422602-01 Tu 1-1:45pm 4/23-6/11 8 \$145 CHRC
422602-02 Th 11-11:45am 4/25-6/13 8 \$145 PHRC
422602-03 Sa 10:15-11:5am 4/27-6/15 8 \$145 NLRC
122602-01 Sa 10:15-11am 7/6-8/24 8 \$145 NLRC

Nerf Fencing

Ages 6-10. Learn the basic stance, lunge, parries, and attacks, as well as the basic concepts of fencing. All ages will use Nerf® foam sabers and have the option to wear fencing equipment. Instructor TSP Team. Min 10/Max 20.

422609-01 W 5:45-6:45pm 4/24-6/19 9 \$145 CQRC

So You Think You Can Quarterback

Ages 6-12. In this introduction to the quarterback position, players will improve their footwork, throwing technique and conditioning. Min 10/Max 20.

422709-01 Sa 10-11am 4/27-5/18 4 \$59 BDPK

YOUTH LEAGUES

Alexandria Titans Track & Field Club

Ages 5-14 as of Aug. 30, 2019. The track club competes in local track meets held around the metropolitan area on Saturdays. Club members will receive the basic skills and techniques of track and field with an emphasis on teamwork, sportsmanship, commitment and healthy competition. City of Alexandria residents only. Min 30/Max 75. No class 7/4.

Ages 5-6

122705-02 Tu,Th 6-7:30pm 6/6-8/1 17 \$85 TCHS

Ages 7-14

122705-01 Tu,Th 6-7:30pm 6/6-8/1 17 \$85 TCHS

Wahoo Swim Team

Ages 6-18 (as of June 15, 2019). Kids develop their own unique potential. This program promotes individual and team camaraderie and is promoted amongst friendly competition. Developing and experienced swimmers will refine their freestyle, breaststroke, butterfly, backstroke, turns and starts with experienced coaching staff. Practice and swim meet schedule to be determined. Swimmers must be able to swim 25 yards, equivalent to pool length. For more information, visit www.teamunify.com. Min 25/Max 100. No class 7/4.

134350-01 M-Sa 4:30-5:15pm 5/28-7/27 53 \$159 OTPL
134350-02 M-Sa 5:15-6pm 5/28-7/27 53 \$159 OTPL

Sports Hotlines

For weather and field closure updates, call:

YOUTH: 703.746.5597

ADULT MEN'S: 703.746.5596

ADULT COED & WOMEN'S: 703.746.5595

Miracle League of Alexandria Baseball

Ages 6 & up. Play baseball regardless of ability or mental/physical ability in this non-competitive environment. A buddy assists each player as much as they require in hitting, fielding and running the bases. In this fun-filled, positive atmosphere, players develop self-esteem while learning new skills, exercising, and making new friends - turning miracles into reality! Adult games take place 1pm on Saturdays and youth games take place at 4:30 pm on Wednesdays. \$30 discount for current Alexandria Therapeutic Recreation participants. Min 8/Max 60.

422704-01 W,Sa 4:30-6pm 4/17-5/25 \$65 LCCM

Alexandria City Track & Field Meet

Ages 7-14 as of July 1, 2019. Run, jump, and throw! Participants can enter two track events plus a relay and one field event. The top two place winners in each group event will advance to the regional meet. City of Alexandria residents only. Registration: 3/15-5/1. Min 50/Max 200.

422703-01 Sa 9am-1pm 5/18 1 \$5 TCHS

Girls Field Hockey League

Ages 8-14 as of July 31, 2019. Join us for a fun introduction to the rapidly growing sport of field hockey. Players are required to provide their own field hockey sticks, shin guards, goggles and mouthpieces. Registration: 3/15-6/1. City of Alexandria residents only. Min 50/Max 200.



122706-01 Tu,Th 6-9pm 6/4-6/27 8 \$85 WRFD

Johnson & Siebert Teen Basketball League

Ages 12-17 as of June 1, 2019. Boys' and girls' teams will be formed in two divisions (12-15 and 16-17). Boys' teams are formed by a player skill assessment and draft. Girls' teams are formed by recreation districts. Skills assessment will take place on Wednesday, June 5 at Jefferson Houston School. All team practices and league games will be played during the week. Registration: 3/15-6/1. City of Alexandria residents only. Min 40/Max 75.

122702-01 M,W 6-9pm 6/5-8/7 \$85 JHES

SPORTS AFFILIATES

Alexandria Titans Tackle Football

Ages 7-16 as of October 1, 2019. The Alexandria Titans are a member of the Fairfax County Youth Football League (FCYFL), a full contact tackle football league. Teams are formed based on ability and age in the following divisions: Anklebiter (AB), 80, 90, 100, 115, 130 and 155 pounds. Practices will begin in Aug. with league play beginning in Sept. Each participant is required to have their own current Department of Motor Vehicle Identification Card in order to play in the league and receive equipment. For more information or to register, visit www.alexandriatitansfootball.org.

varies varies 7/29-11/9 \$135 GWMS

Alexandria Little League Fall Baseball

Ages 8-18. Develop the qualities of citizenship, discipline, teamwork, and physical well-being. By exposing the virtues of character, courage and loyalty, Alexandria Little League is designed to develop superior citizens while building fundamental baseball knowledge and skills. Practice and game days vary by team. Register at alexandriabaseball.com.

varies varies 9/1-10/31 \$140 varies

Alexandria Rugby Club Tackle League

Grades 3-8. Youth Tackle Rugby is a fun and exciting rough-n-tumble game for boys and girls. Summer rugby in Virginia plays 11 per team. Levels of play are grade based: 3rd-4th (coed), 5th-6th (single gender) and 7th-8th (single gender). Practices occur two nights each week with games on Saturday mornings in Alexandria and around northern Virginia. Register at alexandriarugby.com.

Tu,Th,Sa 6-8pm 6/5-7/22 20 \$115 BDPK

Alexandria Rugby Club Tag League

Grades K-5. Play the fastest growing youth team sport in the country in a low-stress and fun environment. Girls and boys learn the basic rules, skills, techniques and strategies for playing Tag Rugby, a two-hand touch version of Rugby 7's. Participants are divided by grade and ability so everyone gets involved. Register at alexandriarugby.com

Tu,Th,Sa 6-8pm 6/5-7/23 21 \$100 BDPK

Alexandria Soccer Association Tots Soccer

Ages 2-4. Introduce young players to the basics of soccer in a fun group environment. Classes develop motor and listening skills in a comfortable atmosphere for kids and parents. No previous soccer experience needed. Register at alexandria-soccer.org or call 703.684.5425.

TBD TBD \$88-110 TBD

Alexandria Soccer Association Academy Soccer

Ages 8-19. Designed for competitive players, the Academy program is our highest level of soccer and requires players to tryout each year. Our teams compete in the CCL, NCSL, ODSL, EDP and State Cup. Academy teams practice two or three times per week with a game on the week-end, and multiple tournaments throughout the year. Supplemental tryouts are held during the year for interested players. Please contact Tommy Park for more information at tpark@alexandria-soccer.org. Register for June try-outs at alexandria-soccer.org or call 703.684.5425.



TBD 9/1-6/15 varies varies

Alexandria Soccer Association Ball Mastery

Grades PK-9. This supplemental training program consists of technical training sessions and small sided soccer games with individual and team focus. Players are encouraged to participate in the ASA recreational league and use this program to work with Alexandria Soccer professional coaches. Register at alexandria-soccer.org or call 703.684.5425.

TBD varies \$125 TBD

sports classes & leagues

Alexandria Soccer Association Junior Academy

Grades K-2 (Ages 6-8). Professional coaching staff provide an introduction to skill development, where the focus is on both individual techniques and team-oriented play. For more information email Coach Grigor at grigor.boychev@alexandria-soccer.org or call 703.684.5425.

Tu,Th TBD 3/1-11/1 \$450 TBD

Alexandria Soccer Association Adult Soccer

Ages 19 & up. ASA's outdoor 7v7 league is perfect for adults of any level looking to play soccer. Enroll this Spring in either the men's or coed division for outdoor soccer. Individual "free agent" or team registration is available. The Adult Leagues offer an outlet to exercise, meet new friends and compete in a friendly, social environment. Register at alexandria-soccer.org or call 703.684.5425.

TBD 4/1 - 5/31 \$125 TBD

Alexandria Soccer Association Summer Camp

Ages 5-18. ASA summer soccer camps (both full day and half day) keep kids active, engaged and supported in a FUN soccer environment. In addition to engaging skill building games, campers will compete in a World Cup Tournament and daily small sided games. Players will be instructed and evaluated by a team of highly qualified coaches. Register at alexandria-soccer.org or call 703.684.5425

M-F TBD 6/1-8/31 \$250 TBD

Alexandria Soccer Association Futsal Ball Mastery Class

Ages 5-18. Futsal is similar to soccer and is played 5 vs. 5 indoors (although this program will take place outside!) on a hard surface floor like a basketball court. This results in a fun and fast-paced game environment. Improve technical abilities, speed, decision making and tactical understanding as a supplement to outdoor soccer. Register at alexandria-soccer.org or call 703.684.5425.

varies 6/1-7/31 \$110 TBD

ADULT LEAGUES*

Coed Volleyball

Ages 18 & up. Bump. Set. Spike! Make your workout social by exercising with a team at weekly volleyball games. To register, complete roster form found online at alexandriava.gov/Recreation for maximum of 6 and minimum of 4 of either gender. Registration: 7/1-8/16. League Play: Sept.- Nov.

223201-02 Tu,W varies 9/3-11/15 10 \$525 varies

Coed Softball

Ages 18 & up. Lights on! Grab some friends for some fun recreational play where each player bats every inning. To register, complete roster form found online at alexandriava.gov/Recreation for maximum of 9 and minimum of 6 of either gender. Registration: 7/1-8/16. League Play: Sept.-Nov.

223205-06 M-Th varies 9/3-11/15 10 \$555 varies

Men's Softball

Ages 18 & up. Game on! Grab some friends and form your own team. To register, complete roster form found online at alexandriava.gov/Recreation for maximum of 18 and minimum of 12. Registration: 7/1-8/16. League Play: Sept.-Nov.

223203-04 W-Th varies 9/3-11/15 20 \$725 varies

Coed Softball 3 Outs

Ages 18 & up. Show your skills! Grab some friends and form your own team. To register, complete roster form found online at alexandriava.gov/Recreation for maximum of 9 and minimum of 6 of either gender. Registration: 7/1-8/16. League Play: Sept.-Nov.

223208 Th varies 9/3-11/15 10 \$555 varies

Coed Soccer

Ages 18 & up. Kick and score! Make your workout social by exercising with a team at weekly soccer games. To register, complete roster form found online at alexandriava.gov/Recreation for maximum of 9 and minimum of 6 of either gender. Registration: 7/1-8/16. League Play: Sept.-Nov.

223200 M-Th varies 9/3-11/15 \$795 varies

ADULT TOURNAMENTS

Elite Kickball Tournament

Ages 18 & up. A weekend Kickball tournament that provides adults the opportunity to stay physically and socially active. All games will be played over two days.

423231 Sa-Su varies 4/20- 4/21 \$195 JHPK

Serve'em up & Serve'em Plus Badminton

Ages 18 & up. Serve 'em up! Looking to stay active and healthy while having a ton of fun? Get active outdoors with badminton. Participate in the adult (18-54) or senior (55+) doubles division, engaging in physical fitness and friendly competition. Meeting dates: June 18 & 25, July 9, 16, 23 & 30 and August 6.

423228 Tu varies 6/18-8/6 \$119 BBPK

Senior Coed Pickleball Tournament 55+

Ages 55 & up. Hit it and score! Make your workout social by playing in a Pickleball tournament. Register online at alexandriava.gov/Recreation. Registration: 3/1-4/18.

423227 Th-F varies 5/9-5/10 \$15 LCCM

Senior Coed Tennis Tournament 55+

Ages 55 & up. Volley and score! Make your workout social by playing in a Tennis tournament. Register online at alexandriava.gov/Recreation. Registration: 3/1-4/9.

423229 Th-F varies 4/15- 4/16 \$25 MGPK

*Register by team. A \$35 nonresident fee will be applied for each player who resides outside of the City of Alexandria.

BRUSH UP ON CURRENT SKILLS OR LEARN SOMETHING NEW. Our enrichment and continuing education programs will supply you with the knowledge you're seeking.



EDUCATION

Sing And Sign

Ages 6 mos.-3 yrs. Communicate with your child before they can talk. Learn helpful strategies to increase visual attention and real signs from American Sign Language. Reduce frustration, help build language foundations, and give insight into your child's thoughts. This is a play-based class with songs and interactive props to keep young children engaged. Min 6/Max 14.

442608-01	W	10-10:45am	5/1-6/5	6	\$129	CQRC
142608-01	W	10:15-11am	7/10-7/31	4	\$79	CHRC

B.E.A.R. (+ADULT)

Ages 1-5 with adult. Be Enchanted About Reading is a story time with a twist of enchantment. Listen to your favorite stories and fairy tales come to life as the reader acts out the story in full costume. Join the fun and wear your own costume. Min 8/Max 25. No class 4/18.

443901-01	Th	10:30am-12pm	4/4-4/25	3	\$39	NLRC
443901-02	Th	10:30am-12pm	5/2-5/23	4	\$55	NLRC
443901-03	Th	10:30am-12pm	6/6-6/20	3	\$39	NLRC

Lil Gymmies (+ADULT) (DROP-IN)

Ages 2-5 with adult. Youth will run, jump and play in a safe, clean environment that promotes fun and excitement. Toys, balls and hula hoops, moon bounce inflatables and much more are a part of the Lil Gymmies set. Children learn foundational skills, movement and gain confidence to play in a wide range of fun activities. Parents and chaperones are free and required to attend with child. Nonresidents \$10.

643606-01	M,Tu,W,Sa	9am-12pm		\$5		CHRC
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Colors, Shapes, and Numbers

Ages 2½-5. Explore color, shapes, and numbers in a gently structured environment where we have hands on play, engaging arts and craft activities and make a colors, shapes, and numbers book. Review counting, number and shape recognition, charting, geometry, and more. Min 3/Max 10.

442602-01	Th	11-11:45am	4/25-6/6	7	\$95	CHRC
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Play with Clay

Ages 2½-5. Let's play with clay! Preschoolers will explore their inner artist using playdough, air dry clay, and age-appropriate materials. Make room on the mantle for your child's playful artwork. Min 3/Max 10.

442610-01	Th	9:45-10:30am	4/25-6/6	7	\$95	CHRC
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Please and Thank You (NEW!)

Ages 3-6. While completing arts and crafts, enjoy a hands-on, interactive experience to learn good manners over tea. Review proper handshaking, age appropriate expressions of gratitude and social courtesies, proper place settings, and how to sip tea. Participants will also practice polite social habits to develop lasting etiquette skills. Instructor The Allen Protocol and Leadership Inst. Min 5/Max 12.

443605-01	W	10-11am	4/24-5/22	5	\$125	CHRC
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Pre-K for Young Rembrandts

Ages 3½-5. Preschoolers learn drawing skills and develop kindergarten readiness, using structured stepwise instruction. As they learn to recognize and build on the simple shapes in familiar images, preschoolers develop visual-motor processing and motor skills while creating fun and colorful artwork. New lessons every week! Instructor Young Rembrandts. Min 5/Max 12.

442609-01	W	1-1:45pm	4/24-6/12	8	\$175	CHRC
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It's Nature Time (NEW!)

Ages 4-5. Is your child curious about the natural world? Satisfy their curiosity with this interactive and engaging workshop by diving into nature and exploring the great outdoors through games, stories and crafts. Children are free to explore, move about, and have fun! Min 6/Max 12.

143605-01	Th	10-11:30am	6/20	1	\$19	CHRC
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Let's Go Fly a Kite! (NEW!)

Ages 5-12. Let's take your kite knowledge to an entire new level. Spend the afternoon decorating and designing your very own kite. Watch your uniquely decorated kite soar as you fly at amazing heights with your peers and then take it home. All materials are included in the fee. If you already have your own kite, then join us at no cost. Min 11/Max 24.

443607-01	Su	2-3:30pm	4/28	1	\$19	FWPK
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Learn To Bike

Ages 6-12. Learn to bike in a safe and fun environment! Instructors will teach to each child's level, no previous experience needed. Must provide own bike without training wheels and helmet. Instructor Washington Area Bicyclist Association. Min 4/Max 10.

442621-01	Sa	12:30-1:30pm	4/27-5/18	4	\$149	NLRC
442621-02	Sa	11am-12pm	6/1-6/22	4	\$149	PHRC

Minding Your Manners (NEW!)

Ages 6-12. Learning age-appropriate life skills is important for home, school, and community. Learn the art of introductions, polite conversation, personal grooming, and active listening skills. Instructor The Allen Protocol and Leadership Inst. Min 8/Max 15.

443606-01	W	5:30-6:30pm	4/24-5/22	5	\$125	CHRC
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First Impressions **NEW!**

Ages 13-17. Dine with confidence. Master basic dining skills, such as appropriate dinner conduct and conversation, banquet protocol, and proper utensil placement. Create lasting and positive impressions among friends, family, and college recruiters. Instructor The Allen Protocol and Leadership Inst. Min 8/Max 15.

443697-01 Th 5:30-6:30pm 4/25-5/23 5 \$125 CHRC

Family Heritage Class **NEW!**

All Ages. With the help of cultural experts and guides, explore the languages, people, etiquette and art of East Africa. Whether it's an introduction or refresher, families will enjoy learning about the culture and customs. Min 6/Max 20.

484100-01 Tu 6:30-7:30pm 4/23-5/21 5 \$75 WRRC

DOG TRAINING

Puppy Preschool/Basic Manners **IT'S BACK!**

All Ages. Review walking on a loose-leash; heel with automatic sit, down, come, down from a distance; extended stays; and out-of-sight stays. Your dog will learn to respond to commands promptly and behave well on leash. Be prepared to practice daily between lessons. Instructor Sue Sommerfield. Min 4/Max 8.

443104-01 Tu 6:30-7:30pm 4/23-5/28 6 \$299 LCCM



Canine Good Citizen Program **IT'S BACK!**

All Ages. Focus on skills needed to pass the AKC Canine Good Citizen certification test, including accepting a friendly stranger's touch, accepting grooming, walking politely through a crowd, reacting appropriately to distractions like other dogs and sudden noises, sit/down stays, come, and supervised separation. Final class: AKC Canine Good Citizen test. Instructor Sue Sommerfield. Min 6/Max 12.

443106-01 Tu 6:30-7:30pm 6/4-6/18 3 \$155 LCCM

Dog Events, see page 42:

- Big Dog Day Swim
- Itty Bitty Doggie Dive
- Dog Day Easter Egg Hunt

SOCIALIZE

Tummy Time **NEW!** **+ADULT**

Ages 0-12 mos. with adult. Enrich your child's pre-walking experience. Learn fun activities for enjoying tummy time and make playful social and emotional connections. Bring a blanket. Instructor Cherisa. Min 4/Max 20.

444206-01 F 10-10:45am 4/26-6/21 9 \$75 CQRC



Kid Rock Social Hour **+ADULT**

Ages 0-4 with adult. It's never too early to help your child learn social skills. This unstructured playgroup encourages development through music, movement and play. Drop-ins welcome on Fridays, \$5 each. Min 10/Max 35. No class 5/27.

453805-01 M, W 10am-12pm 4/8-6/5 17 \$49 MVRC

453805-02 M, W, F 10am-12pm 4/8-6/7 26 \$79 MVRC

153805-01 M, W 10am-12pm 6/17-7/31 14 \$49 MVRC

153805-02 M, W, F 10am-12pm 6/17-8/2 21 \$79 MVRC

Playtime Express **+ADULT**

Ages 0-5 with adult. Does your child need to play and burn off some energy? In this self-directed play environment, your child will engage in activities to develop social skills, self-discovery and imagination. Engage through inflatables, building blocks, LEGOs, balls, tricycles and interactive toys that will increase their learning. Min 5/Max 20. No class 4/17.

493901-01 W 10:30am-12:30pm 4/3-5/22 7 \$35 NLRC

493901-02 W 10:30am-12:30pm 6/5-6/19 3 \$15 NLRC

493901-03 W 10:30am-12:30pm 7/10-7/31 4 \$19 NLRC

Adult Social Club **TR**

Ages 18 & up with cognitive or developmental delays. Develop leisure and recreational interests, awareness and life skills through activities, events and outings in the Metropolitan area. All new participants are required to complete an initial assessment, therefore online registration is not available. Please call 703.746.5422 for more information. Min 10/Max 40. No class 4/20.

443000-01 Sa 11am-4pm 4/6-5/18 6 \$79 NLRC

Soft Time Players **DROP-IN** **+ADULT**

Ages 0-5 with adult. Run, jump, tumble and have fun! This drop-in playgroup encourages social and motor skill development. Call ahead to confirm availability. See pg. 56. Nonresidents \$10 per 30 min.

M-Th	9am-8pm	½hr.	\$5ea.	CQRC
F	9am-6pm	½hr.	\$5ea.	CQRC
Sa, Su	8-11am	½hr.	\$5ea.	CQRC
Sa	9:30am-1pm	½hr.	\$5ea.	CKRC
M-F	9am-9pm	½hr.	\$5ea.	CHRC
Sa	9am-6pm	½hr.	\$5ea.	CHRC
Su	1-5pm	½hr.	\$5ea.	CHRC
M-F	9am-9pm	½hr.	\$5ea.	PHRC
Sa	9am-6pm	½hr.	\$5ea.	PHRC

TECHNOLOGY & SCIENCE

Enchanted Expeditions **NEW!**

Ages 2-7. Get ready for an enchanting journey through creative expression and STEM! Each week characters will await your help to solve compelling puzzles, including spellbinding obstacle courses, magical experiments, riveting projects and more. Explore a vibrant new world using the Emilio Reggio approach, a methodology based on self-directed activity, hands-on learning, collaborative play and team work. Instructor KidOvation Stage. Min 8/Max 13.

Ages 2-4

453615-01 Tu 11am-12pm 4/30-5/28 5 \$105 CHRC

Ages 5-7

453615-02 W 4:30-5:30pm 5/1-5/29 5 \$105 CHRC

The Science Seed®: Lil Scientist **NEW!**

Ages 3-5. Each session includes topics in geology, chemistry, biology, physics and nature, exposing kids to a variety of experiences...science is everywhere! Fun, interactive and age-appropriate lessons build a foundation for a love of science and learning. Each class includes a note for the parents to continue the lesson at home. Instructor The Science Seed. Min 6/Max 12.

442620-01 W 10-10:45am 4/24-6/5 7 \$119 CHRC

142620-01 W 9:15-10am 6/26-8/7 7 \$119 CHRC

Brain Power Quest **NEW!**

Ages 5-7. Explore a world where geometry, engineering, creative play, and improv collide. Our squad of resourceful geometrician's will set out on a mystifying journey through endless possibilities and new discoveries. Instructor KidOvation Stage. Min 5/Max 15.

143610-01 Tu 11am-12pm 7/30-8/27 5 \$125 CHRC

143610-02 W 4:30-5:30pm 7/3-7/31 5 \$125 CHRC

LEGO® Mechanics & Engineering

Ages 5-9. Combine the exciting world of LEGO with computer programming to program robots. Learn the basics of visual programming by creating commands with a drag-and-drop interface that is visually simple to use, but capable of complex instructions. Practice teamwork by partnering on each day's build assignment. Instructor C3 Cyber Club Inc. Min 8/Max 12.

442600-01 Th 5-6pm 4/25-5/30 6 \$169 CHRC

Science Mania

Ages 5-12. Have fun with a cornucopia of experiments! Children will uncover the vital role that science plays in detective work, examine the science behind popular toys and get a buzz out of the amazing world of insects! Explore earth science, weather phenomena and experiment with some kitchen chemistry! Instructor Mr. Adric. Min 6/Max 12.

Ages 5-7

443801-01 Tu 6:15-7:15pm 4/23-5/28 6 \$79 MVRC

Ages 8-12

443801-02 Th 6:15-7:15pm 4/25-5/30 6 \$79 MVRC

Robotics and Visual Coding **NEW!**

Ages 6-9. Introduce your child to the wonderful world of programming! Students will learn basic programming concepts using a simple drag-and-drop interface within the software Scratch, a project developed by the MIT Media Lab. Students will use their imaginations and implement creative thinking, while at the same time learning how to create and program simple games. Use pre-made art assets or create your own, and learn how to program them to walk, talk, and interact with objects. Instructor C3 Cyber Club Inc. Min 8/Max 12.

442601-01 W 5:30-6:15pm 4/24-5/29 6 \$169 CHRC

3D Modeling & Printing **NEW!**

Ages 8-13. Learn to create 3D models as you design intricate objects, prepare them for printing, and then watch them take shape. Get hands-on with the 3D printer, learning how to change the filament, clean the printer, and prepare it for the best possible print. Min 6/Max 20.

444107-01 Th 6:30-7:30pm 4/25-5/30 6 \$145 PHRC

Start A YouTube Channel **NEW!**

Ages 8-13. YouTube is the place to bring your innovative visions to life. Make vlogs, gamecasts, tutorials, and more to establish an online presence and dive into video production. Min 6/Max 20.

444106-01 Sa 10-11am 4/27-6/1 6 \$145 PHRC

30 days for \$30

Trying a Fitness Pass just got a lot easier!
First time passholders can purchase a 1-month Chinquapin fitness pass for only \$30 during June.

Chinquapin Park Recreation Center & Aquatics Facility Fitness Passes include access to open swim, locker rooms, saunas, and fitness room.

For details, visit alexandriava.gov/Aquatics.

Limited Time!

Passes must be purchased June 1-30.
(First time passholders.)



fun finder index

- 1) Refer to the grid below to determine the programs available by age.
- 2) Turn to the specified page for a description and registration information for each program.

	PAGE	0-1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18-54	55+
Aquatics																				
Swimming																				
Chinquababies*	2	●	●																	
Chinquatots*	2		●	●																
Crocodiles	4					●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Dippers Beginners	5					●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Dippers Swimmers	5					●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Dolphins	4					●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
FINS	5		●	●	●	●	●													
Frogs	2		●	●	●															
Hammerheads	3			●	●	●														
Homeschooler Beginner Learn to Swim	4					●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Homeschooler Advanced Learn to Swim	5					●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Lifeguard Training	5																●	●	●	●
Meet Me At The Pool	5	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Otters	4					●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Penguins	4					●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Salamanders	3		●	●	●															
Seahorses*	2		●	●	●															
Seals	4					●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Splash & Snack*	5	●	●	●	●															
Swim A Lap A Day	5	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Swim Clinic	5																●	●	●	●
World's Largest Swim Lesson	5	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Aqua Aerobics																				
AM Aqua Aerobics	6																		●	●
Aqua Cycling	6																		●	●
Aqua Tabata	4																		●	●
Aquatic Dance Exercise	6																		●	●
Aquatic Exercise	6																		●	●
Deep Water Aqua Aerobics	6																		●	●
Get in Deep w/Candice	6																		●	●
Hydro Pilates	6																		●	●
Water Walking	6																		●	●
Exercise & Fitness																				
Mind/Body Wellness																				
Dynamic Three: Barre, Pilates, Yoga	8																		●	●
Fit and Fab Yoga Series	7																		●	●
Jacki Sorensen's Aerobic Dance	8																		●	●
Lil' Yogis	7		●	●	●															
Me, Baby, and Yoga*	7																		●	●
Pilates	7																		●	●

	PAGE	0-1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18-54	55+
PiYo Power Core & More	7																		●	●
Pre-Natal Yoga	7																		●	●
Stretch it Out	8																		●	●
Tai Chi	8																		●	●
To Yoga	7																		●	●
Vinyasa Yoga	7																		●	●
Yoga in the Morning	7																		●	●
Cardio Workout																				
Cardio Dance Fit	9																		●	●
Cardio, Sculpt, and Core	9																		●	●
Doo Wop Aerobics	9																		●	●
Jazzercise	8																		●	●
Total Body Burn	9																		●	●
"Werk" it Out	9																		●	●
Zumba	9																		●	●
Zumbata	9																		●	●
Cardio & Strength																				
Adult Weight Training	9																		●	●
AM Interval Training	11																		●	●
Balance, Coordination & Aerobics	9																		●	●
Boxercise Level I	10																		●	●
Boxercise Level II	10																		●	●
Cardio Circuit with Resistance	10																		●	●
Cardio Kickboxing	10																		●	●
ChinquaCircuit	11																		●	●
Essentrics: Age Reversing Stretch	10																		●	●
Fit4Baby	11																		●	●
Fit4Mom	11																		●	●
Functional Fitness For Older Adults	11																		●	●
Game On! Bootcamp	11																		●	●
Gladiator Fitness Boot Camp	11																		●	●
Hip Hop Fitness	9																		●	●
Hips, Hamstrings, & Abs	10																		●	●
LaBlast Dance Fitness & Tone	10																		●	●
Lil' Fitness	9		●	●	●															
MiKiDo Ruff & Tumble	9		●	●	●														●	●
Senior Body Part Aerobics	11																		●	●
Senior Weight Training	11																		●	●
Senior Workout with Ms. Lynne	11																		●	●
Sergeant's Fitness Concepts	11																		●	●

- 1) Refer to the grid below to determine the programs available by age.
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	PAGE	0-1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18-54	55+
Cardio Workout (continued)																				
Stroller Strides	11																		●●	
Walk & Fit Training	11																		●	
WCRB Karate	9					●●●●●●●														
Sports Classes & Leagues																				
Tumbling Classes																				
Acrobatics I	12				●●●															
Acrobatics II	12				●●●●●															
Baby Tumbling*	12	●●																		
Basic Tumbling	12				●●●●															
Cheer Tumbling	12						●●●●●●●													
Gymnastics I	12				●●●●															
Gymnastics II	12				●●●●															
Mom/Dad & Me Tumbling*	12	●●●																		
Soccer Classes																				
Excite Soccer	13		●●●●																	
Lil Kickers	13		●●●●																	
Soccer Tots	13		●●●●●																	
Tennis Classes																				
Adult Tennis 1	13																		●●	
Adult Tennis 2	14																		●●	
Cardio Tennis	14																		●●	
Fun & Fundamentals Tennis 1 & 2	13					●●●●●●●●														
Little Shots	13		●●●																	
Spring into Tennis	13					●●●●●●●														
Super Shots	13		●●																	
Additional Sports Classes																				
Dodgeball Fanatics	14					●●●●●●●														
Jump Shots for Tots	14		●●●●																	
Lil Lacrosse	14		●●●																	
Lil' Pro Sports	14		●●																	
Nerf Fencing	14					●●●●●●														
So You Think You Can Quarterback	14					●●●●●●●														
Team Handball Clinic	14																		●●	
Youth Leagues																				
Alexandria City Track & Field Meet	15					●●●●●●●●														
Alexandria Titans Track & Field Club	14				●●●●●●●●															
Girls Field Hockey League	15					●●●●●●●														
Johnson & Siebert Teen Basketball League	15								●●●●●●●											
Miracle League of Alexandria Baseball	15					●●●●●●●●●●●●●●●●														
Wahoo Swim Team	14					●●●●●●●●●●●●●●●●														

*Requires guardian and child participation

	PAGE	0-1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18-54	55+
Sports Affiliates																				
Alexandria Little League Fall Baseball	15								●●●●●●●●●●●●											
Alexandria Rugby Club Tackle League	15								●●●●●●●●											
Alexandria Rugby Club Tag League	15					●●●●●●●														
Alexandria Titans Tackle Football	15							●●●●●●●●●●●●												
ASA Academy Soccer	15							●●●●●●●●●●●●												
ASA Adult Soccer	16																		●●	
ASA Ball Mastery	15				●●●●●●●															
ASA Futsal Ball Mastery Classes	16				●●●●●●●●●●●●●●															
ASA Junior Academy	16					●●●														
ASA Summer Camp	16					●●●●●●●●●●●●●●														
ASA Tots Soccer	15		●●●																	
Adult Leagues																				
Coed Soccer	16																		●●	
Coed Softball	16																		●●	
Coed Softball 3 Outs	16																		●●	
Coed Volleyball	16																		●●	
Men's Softball	16																		●●	
Adult Tournaments																				
Elite Kickball Tournament	16																		●●	
Senior Coed Pickleball Tournament	16																		●	
Senior Coed Tennis Tournament	16																		●	
Serve'em up & Serve'em Plus Badminton	16																		●●	
Enrichment																				
Education																				
B.E.A.R.*	17	●●●●●●																		
Colors, Shapes & Numbers	17	●●●●●																		
Family Heritage Class	18	●●●●●●●●●●●●●●●●																		
First Impressions	18													●●●●●●						
It's Nature Time	17				●●															
Learn To Bike	17					●●●●●●●●														
Let's Go Fly a Kite!	17					●●●●●●●●														
Lil Gymmies*	17	●●●●																		
Minding Your Manners	17					●●●●●●●●														
Play With Clay	17	●●●●																		
Please and Thank You	17	●●●●																		
Pre-K for Young Rembrandts	17	●●●																		
Sing and Sign	17	●●●																		

fun finder index

- 1) Refer to the grid below to determine the programs available by age.
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Dog Training																				
Canine Good Citizen Program	18	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Puppy Preschool/Basic Manners	18	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Socialize																				
Adult Social Club	18																		●	●
Kid Rock Social Hour*	18	●	●	●	●															
Playtime Express*	18	●	●	●	●	●														
Soft Time Players*	18	●	●	●	●	●														
Tummy Time*	18	●																		
Technology & Science																				
3D Modeling & Printing	19								●	●	●	●	●	●						
Brain Power Quest	19					●	●	●												
Enchanted Expeditions	19	●	●	●	●	●	●													
LEGO® Mechanics & Engineering	19				●	●	●	●	●											
Robotics and Visual Coding	19					●	●	●	●											
Science Mania	19				●	●	●	●	●	●	●									
Science Seed: Lil Scientist	19	●	●	●																
Start A YouTube Channel	19										●	●	●							
Creative & Performing Arts																				
Ballet & Dance																				
Adult Ballet	36																		●	●
Advanced Mlyna Ballet II	36								●	●	●	●	●	●	●					
Ballet I	35				●	●	●													
Ballet II	36					●	●	●	●	●										
KinderBallet	35		●	●																
Mlyna Ballet I	35				●	●														
Mlyna Ballet II	36					●	●	●	●	●										
Mommy & Me: Let's Play Ballet*	35	●	●																	
Pre-Ballet with Go Bananas Dancing	35		●	●	●															
Pre-Ballet & Movement I	35		●	●	●															
Pre-Ballet & Movement II	35		●	●	●															
Pre-Ballet & Movement II/III	35		●	●																
Tap n' Ballet	35		●	●	●															
Tiny Dancers	35		●	●	●															
Dance																				
Senior Line Dance	36																		●	
Tot Beatz	36		●	●	●	●														
Music																				
Little Fingers Piano	36	●	●	●	●	●	●													

*Requires guardian and child participation

	PAGE	0-1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18-54	55+
Little Hands Music	36	●	●	●	●															
Private Music Lessons	36					●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Performing Arts																				
Act it Out!	37		●	●	●	●														
Little Stars!	37	●	●																	
Visual Arts																				
About Our Earth Art	37		●	●	●															
Abrakadoodle Mini Doodlers	37		●	●	●	●														
ART BOX: Preschoolers Paint*	37	●	●	●																
Artworks	38																		●	●
First Friday: Family Art Night	37				●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Learn to Make Jewelry	38																		●	●
Masterpiece for Kids!	37	●	●	●	●														●	●
Ooey Goey Art	37	●	●	●																
Saturday Art Blast	37				●	●	●	●	●	●	●	●	●							
Stop, Drop & Art*	37	●	●	●	●															
Twoosy Doodlers*	37	●	●																	
Writer's Workshop for Adults	38																		●	●
Young Potters	38					●	●	●	●	●	●									
Cooking																				
Culinary Creations Through Improv	38		●	●	●	●	●	●												
Environmental Education																				
Nature																				
Family Fishing at Lake Cook	40					●	●	●	●	●	●									
Fledglings*	40	●	●																	
Green Craft Series: Soaps and Scrubs	40	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Insect Safari	40				●	●	●	●												
Little Adventures*	40		●	●	●															
Summer Solstice Overnight	40							●	●	●	●									
Afterschool Nature Buddies	40				●	●	●	●	●	●										
Out of School Time																				
ESP - Extended Service Program	41				●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Kids Day Out	41				●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Power-Full Fun Days	41				●	●	●	●	●	●										
School Year Power-On	41				●	●	●	●	●	●										
TR Achieving Greatness	41				●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Youth Achieving Greatness	41				●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●



CITY OF
ALEXANDRIA



SUMMER OF SMILES



2019
SUMMER
CAMPS
GUIDE

ALEXANDRIAVA.GOV/RECREATION



SUMMER FUN FINDER

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CLASSIC CAMPS													
Alex Fun Day/Sports	25	6-12	☺	☺	☺	☺	☺	☺	☺	☺			↕
Alex Fun Gap Camp	25	6-12									☺	☺	
Before & After Care	25	6-17	☺	☺	☺	☺	☺	☺	☺	☺	☺	☺	
Counselor in Training	25	13-17	☺	☺	☺	☺	☺	☺	☺	☺			↕
SPORTS CAMPS													
STEM & Splash Camp	26	7-11	☺							☺			↕
Making Waves Swim	26	6-11	☺	☺	☺	☺	☺	☺	☺				↕
Little Shots Tennis	26	4-6	☺	☺	☺								
Fun & Fundamentals Tennis Camp	26	7-13				☺	☺		☺				↕
Ninja Ranger: Warrior's Call	26	6-12				☺							↕
Medieval Battle Camp	26	8-12		☺				☺					↕
Nerf Fencing Camp	26	6-12	☺			☺							
NOVA Fencing Camp	26	7-13									☺		↕
Intro to Skateboarding	27	7-11		☺		☺		☺		☺			
Lacrosse Camp	26	3-11	☺	☺	☺	☺			☺				↕
Challenger Sports British Soccer	27	2-12	☺	☺									↕
Soccer Pros Soccer	27	3-10		☺									↕
Excite Soccer	27	3-10	☺			☺	☺	☺					↕
Tumbling Camp	27	4-10		☺				☺					
Hoop Life Basketball	27	4-14	☺	☺	☺	☺	☺	☺	☺				↕
Alexandria Aces Baseball Camp	27	8-16		☺	☺	☺							
CREATIVE ARTS													
Creative Inspiration	28	3-6						☺					↑
Fairy Tales	28	3-6							☺				↑
World Travel 3D	28	3-6									☺		↑
A Little Bit of This, A Little Bit of That	28	3-6		☺									↑
Kids on Canvas	28	6-12								☺			
Fashion, Faces & Flowers	28	6-12	☺										↕
Royal Fashion Runway	28	6-12				☺							↑
Plug In Your Imagination	28	6-12	☺										↕
Dips and Donuts	28	5-11			☺								↕
Cupcake Wars	28	5-11							☺				↕
Chopped! Cooking	28	5-11				☺							↕
Snack Attack Cooking Camp	28	5-11	☺										↕
4-H Food Frenzy Cooking Camp	28	12-14					☺						
PERFORMING ARTS													
Once Upon A Time	29	3-5	☺										
Ballerina Dreams	29	3-5			☺								
Under the Sea	29	3-5					☺						
Act It Out!	29	3-6				☺	☺						
Ballet/Hip-Hop Camp	29	3-8							☺				
Dramatic Kids!	29	7-11					☺		☺				
Theatrical Teens!	29	7-13			☺								
Ultimate Music Experience	29	7-13	☺					☺					↕
Theatrical Teen Playwriting & Production	29	11-14								☺			

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COMPUTER CAMPS													
Robotics & Visual Coding LEGO®	30	5-8	☺										↕
Jedi Engineering with LEGO®	30	5-12		☺									↕
Minecraft Modding & Coding Design	30	6-9						☺					↕
Minecraft Programming	30	6-9	☺										↕
Silver Knights Coding	30	7-12		☺					☺				↕
Go Pro & Fortnite Fix	30	7-13			☺								↕
Green Screen LEGO® & Animation	30	7-13							☺				↕
Learn to Code	30	11-16	☺								☺		
Computer Technology for Creative Teens	30	11-16	☺								☺		
STEM CAMPS													
PhysioFit Kids: All Systems Are Go	31	3-6							☺				↑
PhysioFit Kids: Made to Move	31	3-6					☺						↑
STEM Using LEGO	31	5-12				☺							↕
Amazing Race Around the World	31	6-8	☺										↕
Science Magic	31	6-8		☺					☺				↕
PhysioFit Kids: Ew! Gross!	31	6-12			☺								↕
Silver Knights Chess	31	5-12								☺	☺		
Silver Knights LEGO® Robotics	31	6-12				☺					☺		↕
Innovation Lab	31	7-11							☺	☺			↕
Jedi Masters STEAM	31	7-12						☺					↕
4-H Slimy, Goopy, Gross	31	9-12						☺					
4-H Planet Energy	31	9-12							☺				
NATURE & EXCURSION													
Tadpole Camp	32	3-4	☺										↓
Budding Naturalist	32	5-6		☺									
Full Day Nature Camp	32	6-10			☺	☺		☺	☺				
Fish and Fun	32	6-9				☺							
4-H Junior Camp	32	9-13	☺										↕
NOVA Mountain Biking	32	8-13							☺				
Virginia Fishing Adventure	32	8-14			☺								↕
Teen Excursion Camp	32	12-15			☺			☺		☺			↕
OUT OF SCHOOL TIME													
Summer Power-On	33	6-12	☺	☺	☺	☺	☺	☺	☺	☺			↑
Summer Power-Up	33	11-14	☺	☺	☺	☺	☺	☺	☺	☺			↑
Summer Before Care	33	6-14	☺	☺	☺	☺	☺	☺	☺	☺			
Extra Fun Weeks & Before Care	33	6-14									☺	☺	↑
CAMP ADVENTURE													
Teenie Weenie Camp	34	3-5		☺	☺	☺	☺						
TR Camp Adventure	34	6-17	☺	☺	☺	☺	☺	☺	☺				↑
Camp Adventure & Before Care	34	5-15	☺	☺	☺	☺	☺	☺	☺				↑
Extended Adventure & Before Care	34	5-15								☺	☺		↑



CLASSIC CAMPS



Alex Fun Day Camp



Ages 6-12. Games, arts and crafts, field trips, and more – this camp offers something for everyone! Campers take weekly field trips and swim three times per week. Energetic, experienced staff lead your children in a summer of F-U-N. Camp forms confirm registration. Campers must bring a lunch, snacks, water bottle, swim suit and towel. Staff to camper ratio 1:10. Min 15/Max 50. No camp 7/4.

172600-01	M-F	9am-4pm	6/24-6/28	\$179	GMES
172600-02	M-F	9am-4pm	7/1-7/5	\$149	GMES
172600-03	M-F	9am-4pm	7/8-7/12	\$179	GMES
172600-04	M-F	9am-4pm	7/15-7/19	\$179	GMES
172600-05	M-F	9am-4pm	7/22-7/26	\$179	GMES
172600-06	M-F	9am-4pm	7/29-8/2	\$179	GMES
172600-07	M-F	9am-4pm	8/5-8/9	\$179	GMES
172600-08	M-F	9am-4pm	8/12-8/16	\$179	GMES

Alex Fun Sports Camp



Ages 6-12. Children will be educated and entertained the entire day, while doing what they love – sports! Mornings immerse campers in the sport of the week. Afternoons include “Camper’s Choice” games and swimming daily. Camp forms confirm registration. Campers must bring a bag lunch, snacks, water bottle, swim suit and towel. Staff to camper ratio 1:10. Min 15/Max 50. No camp 7/4.

172601-01	M-F	9am-4pm	6/26-6/30	\$169	CQRC
172601-02	M-F	9am-4pm	7/3-7/7	\$139	CQRC
172601-03	M-F	9am-4pm	7/10-7/14	\$169	CQRC
172601-04	M-F	9am-4pm	7/17-7/21	\$169	CQRC
172601-05	M-F	9am-4pm	7/24-7/28	\$169	CQRC
172601-06	M-F	9am-4pm	7/31-8/4	\$169	CQRC
172601-07	M-F	9am-4pm	8/7-8/11	\$169	CQRC
172601-08	M-F	9am-4pm	8/14-8/18	\$169	CQRC

Alex Fun Camp Counselor in Training



Ages 13-17. Are you a teen who likes to work with kids? Do you want to learn some new skills? Becoming a CIT is a great way to learn how to become a counselor. CITs help lead games and activities while always under the supervision of an experienced counselor. This is a fun and safe experience for teens. Spaces are available at Alex Fun Day Camp or Alex Fun Sports Camp. Min 2/Max 6. No camp 7/4.

M-F	8:30am-4:30pm	6/24-6/28	\$105	GMES/CQRC
M-F	8:30am-4:30pm	7/1-7/5	\$85	GMES/CQRC
M-F	8:30am-4:30pm	7/8-7/12	\$105	GMES/CQRC
M-F	8:30am-4:30pm	7/15-7/19	\$105	GMES/CQRC
M-F	8:30am-4:30pm	7/22-7/26	\$105	GMES/CQRC
M-F	8:30am-4:30pm	7/29-8/2	\$105	GMES/CQRC
M-F	8:30am-4:30pm	8/5-8/9	\$105	GMES/CQRC
M-F	8:30am-4:30pm	8/12-8/16	\$105	GMES/CQRC

Alex Fun Gap Camp



Ages 6-16. Finish the summer with a bang! Gap Camp offers a variety of activities, such as arts and crafts, games, movies, sports and swimming daily. Register now, this camp fills up fast! Camp information forms are required to confirm registration. Campers are required to bring their own bag lunch, snacks, water bottle, swim suit and towel. Staff to participant ratio 1:10. Min 15/Max 70.

172602-01	M-F	9am-4pm	8/19-8/23	\$189	CQRC
172602-02	M-F	9am-4pm	8/26-8/30	\$189	CQRC



Alex Fun & Specialty Camp Before Care

Ages 6-17. Need a little extra time in the morning? This supervised program is available to help you get to work on time. Activities include arts and crafts, movies and games. Min 10/Max 25. No program 7/4.

M-F	7-9am	6/24-6/28	\$55	GMES/CQRC/ODRC
M-F	7-9am	7/1-7/5	\$45	GMES/CQRC/ODRC
M-F	7-9am	7/8-7/12	\$55	GMES/CQRC/ODRC
M-F	7-9am	7/15-7/19	\$55	GMES/CQRC/ODRC
M-F	7-9am	7/22-7/26	\$55	GMES/CQRC/ODRC
M-F	7-9am	7/29-8/2	\$55	GMES/CQRC/ODRC
M-F	7-9am	8/5-8/9	\$55	GMES/CQRC/ODRC
M-F	7-9am	8/12-8/16	\$55	GMES/CQRC/ODRC
M-F	7-9am	8/19-8/23	\$55	CQRC/ODRC
M-F	7-9am	8/26-8/30	\$55	CQRC/ODRC



Alex Fun & Specialty Camp After Care

Ages 6-17. Need a little extra time after work to pick up your child? This supervised program will allow you a little more time in the afternoons. Activities include arts and crafts, movies and games. Min 10/Max 25. No program 7/4.

M-F	4-6pm	6/24-6/28	\$55	GMES/CQRC/ODRC
M-F	4-6pm	7/1-7/5	\$45	GMES/CQRC/ODRC
M-F	4-6pm	7/8-7/12	\$55	GMES/CQRC/ODRC
M-F	4-6pm	7/15-7/19	\$55	GMES/CQRC/ODRC
M-F	4-6pm	7/22-7/26	\$55	GMES/CQRC/ODRC
M-F	4-6pm	7/29-8/2	\$55	GMES/CQRC/ODRC
M-F	4-6pm	8/5-8/9	\$55	GMES/CQRC/ODRC
M-F	4-6pm	8/12-8/16	\$55	GMES/CQRC/ODRC
M-F	4-6pm	8/19-8/23	\$55	CQRC/ODRC
M-F	4-6pm	8/26-8/30	\$55C	QRC/ODRC

SPORTS CAMPS



STEM & Splash Camp

Ages 7-11. Combine STEM activities like robot building and science experiments with Splashball, an introduction to the exciting sport of water polo. Campers will make friends and learn new skills in the recreation center, in the park, and in the pool. Camp information forms are required to confirm registration. Campers are required to bring their own bag lunch, snacks, water bottle, swim suit and towel. Min 8/Max 12. No camp 7/4.

174201-01	M-F	9am-4pm	7/1-7/5	\$235	CQRC
174201-02	M-F	9am-4pm	8/19-8/23	\$295	CQRC

Making Waves Swim Camp

Ages 6-11. Learn skills and confidence in the water to prepare for a fun and safe summer at the pool or beach. Campers will receive two daily structured small group swim lessons with a certified American Red Cross swim instructor at their skill level, including fundamental aquatic skills, water safety, and stroke development. Campers will also enjoy games, arts and crafts, and free swim throughout the week. Camp information forms are required to confirm registration. Campers are required to bring their own bag lunch, snacks, water bottle, swim suit and towel. Min 8/Max 18.

174200-01	M-F	9am-4pm	6/24-6/28	\$295	CQRC
174200-02	M-F	9am-4pm	7/8-7/12	\$295	CQRC
174200-03	M-F	9am-4pm	7/15-7/19	\$295	CQRC
174200-04	M-F	9am-4pm	7/22-7/26	\$295	CQRC
174200-05	M-F	9am-4pm	7/29-8/2	\$295	CQRC
174200-06	M-F	9am-4pm	8/5-8/9	\$295	CQRC
174200-07	M-F	9am-4pm	8/12-8/16	\$295	CQRC

Little Shots Tennis Camp

Ages 4-6. Little ones are introduced to tennis through fun games and activities designed to build hand-eye coordination and familiarity with the tennis ball and racket. Staff to participant ratio 1:5. Instructor First Serve Tennis. Min 4/Max 10. No camp 7/4.

172627-01	M-F	9-11:30am	6/24-6/28	\$295	CQPK
172627-02	M-F	9-11:30am	7/1-7/5	\$239	CQPK
172627-03	M-F	9-11:30am	7/15-7/19	\$295	CQPK

Fun & Fundamentals Tennis Camp

Ages 7-13. Through fun "games-based" activities and differentiated instruction, beginners and experienced players learn the fundamental strokes; forehand, backhand, volleys, overhead and serve. Full Day camp includes daily swim Tu-F. Students should bring a water bottle, lunch and swim gear/towel. Staff to participant ratio 1:8. Instructor First Serve Tennis. Min 6/Max 16.

172628-01	M-F	9am-4pm	7/22-7/26	\$385	CQPK
172628-02	M-F	9am-4pm	7/29-8/2	\$385	CQPK
172628-03	M-F	9am-4pm	8/12-8/16	\$385	CQPK

Ninja Ranger: Warriors Call

Ages 6-12. This camp offers an amazing combination of martial arts instruction, life skills, self-defense skills, team work, fitness, and lots of fun. Instructor WRCB Karate. Min 10/Max 25.

172649-01	M-F	9am-4pm	7/22-7/26	\$235	ODRC
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Medieval Battle Camp

Ages 8-12. Think tactically as you learn the art of medieval combat. Archery, chess, and sword fighting come together in one great camp. Build battle related crafts like model catapults, castles and armor. An introduction to archery teaches range safety and proper shooting form. Plus, fence using real epees, learn about the evolution of fencing and practice different techniques. All equipment and uniforms are provided. Instructor NOVA Fencing. Min 8/Max 20.

172667-01	M-F	9am-4pm	7/8-7/12	\$319	ODRC
172667-02	M-F	9am-4pm	8/5-8/9	\$319	ODRC

Nerf® Fencing Camp

Ages 6-12. Campers will learn the basic stance, lunge, parries, and attacks, as well as the basic concepts of fencing. All ages will use Nerf® foam sabers with the option to wear fencing equipment. Instructor TSP Team. Min 8/Max 20. No camp 7/4.

172659-01	M-F	9am-12pm	7/1-7/5	\$149	LEEC
172659-02	M-F	9am-12pm	7/22-7/26	\$185	LEEC

NOVA Fencing Camp

Ages 7-13. En Garde! Ready? Fence! Campers learn basic footwork and blade work skills from experienced coaches. Practice your advance, lunge, parry and riposte during fun games and drills. Camp includes handball, chess, LEGOs, games and outdoor playground time, and ends with an electric fencing team tournament. No previous experience required. Equipment and uniforms are provided. Instructor NOVA Fencing. Min 8/Max 20.

172669-01	M-F	9am-4pm	8/26-8/30	\$319	ODRC
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Lacrosse Camp

Ages 3-11. Players develop fundamentals in a safe and fun environment. With an emphasis on hand/eye coordination, speed, agility, and stick skills, this clinic is perfect for students brand new to lacrosse as well as intermediate players wanting to take their game to the next level. All players will warm-up together, and then groups will work separately. Players will need a lacrosse stick. Equipment can be provided through tspteam.com. Instructor TSP Team. Min 10/Max 25. No camp 7/4.

Half Day, Ages 3-6

172661-01	M-F	9am-12pm	6/24-6/28	\$185	JHES
172661-02	M-F	9am-12pm	7/8-7/12	\$179	CQPK

Full Day, Ages 7-11

172631-01	M-F	9am-4pm	7/8-7/12	\$265	JHES
172631-02	M-F	9am-4pm	7/15-7/19	\$265	JHES
172631-03	M-F	9am-4pm	8/12-8/16	\$205	JHES
172659-02	M-F	9am-12pm	7/1-7/5	\$185	LEEC



Before and/or After Care: See page 25.

Intro to Skateboarding

Ages 7-11. This skateboard camp is jam-packed with fun, excitement, and safety. Campers will receive instruction on how to safely ride, tack turn, kick turn, approach ramps, rock n' roll, rock to fakie, olly, grind, drop in and get air. Instructional moves and skating games will be incorporated daily. Campers will need to bring their own skateboards, helmets and protective padding. Instructor TSP Team. Min 10/Max 25.

172630-01	M-F	9am-12pm	7/8-7/12	\$185	SJSP
172630-02	M-F	9am-12pm	7/22-7/26	\$185	SJSP
172630-03	M-F	9am-12pm	8/5-8/9	\$185	SJSP
172630-04	M-F	9am-12pm	8/19-8/23	\$185	SJSP

Soccer Pros Soccer Camp

Ages 3-10. Young campers learn fundamental skills through dribbling, shooting and passing games in a warm and friendly environment. Older age groups focus on developing skills and techniques through soccer games, and team-building competitions. Enjoy special appearances from current or former professional soccer players to sign autographs and answer questions about becoming a real soccer pro! Instructor TSP Team. Min 10/Max 25.

172632-01	M-F	9am-4pm	7/1-7/5	\$225	JHES
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Hoop Life Sport Media Camp

Ages 12-17. Does your child like sports? Would they like to be on TV? Do they like using computers or cell phones? They will have a blast at this camp learning to use computers, cell phones, and their personalities to create awesome sports content to be viewed around the world. This camp is conducted by sports broadcast professionals. Instructor Hoop Life. Min 10/Max 20.

172671-01	M-F	9am-4pm	7/22-7/26	\$205	JHES
172671-02	M-F	9am-4pm	8/5-8/9	\$205	JHES

Challenger Sports British Soccer

Ages 2-12 Get ready for another summer of fun, innovative and high-quality coaching to your budding soccer stars! Each day includes foot skills, technical drills, tactical practices, small-sided games, coached scrimmages, and a daily World Cup tournament. Equally important, your child will learn self-discipline, good sportsmanship and respect for others. Campers will receive a free soccer ball, t-shirt, personal evaluation and poster. **Register at challengersports.com or call 1.800.878.2167, ext. 239.** Min 5/Max 20.

First Kicks, Ages 2-3

M-F	8-9am	6/24-6/28	\$99	CQPK
M-F	8-9am	7/8-7/12	\$99	CQPK
M-F	8-9am	8/19-8/23	\$99	CQPK
M-F	8-9am	8/26-8/30	\$99	CQPK

Half Day, Ages 6-12

M-F	9am-12pm	6/24-6/28	\$189	CQPK
M-F	9am-12pm	7/8-7/12	\$189	CQPK
M-F	9am-12pm	8/19-8/23	\$189	CQPK
M-F	9am-12pm	8/26-8/30	\$189	CQPK

Full Day, Ages 6-12

M-F	9am-4pm	6/24-6/28	\$245	CQPK
M-F	9am-4pm	7/8-7/12	\$245	CQPK
M-F	9am-4pm	8/19-8/23	\$245	CQPK
M-F	9am-4pm	8/26-8/30	\$245	CQPK

Excite Soccer

Ages 3-10. Children develop their mental, physical, and social abilities through creative soccer games and activities taught by highly experienced and trained staff. Participants will learn individual skills, teamwork, and most importantly, have fun! Emphasis is on mastering basic coordination and agility with and without a soccer ball in a confidence-building environment. Instructor Excite Soccer. Min 10/Max 25.

Ages 3-6

172633-01	M-F	9am-12pm	6/24-6/28	\$165	JHES
172633-02	M-F	9am-12pm	7/22-7/26	\$165	JHES
172633-04	M-F	9am-12pm	7/29-8/2	\$165	JHES
172633-06	M-F	9am-12pm	8/5-8/9	\$165	JHES

Ages 6-10

172633-03	M-F	9am-4pm	7/22-7/26	\$275	JHES
172633-05	M-F	9am-4pm	7/29-8/2	\$275	JHES
172633-07	M-F	9am-4pm	8/5-8/9	\$275	JHES

Tumbling Camp

Ages 4-10. Tumblers will start learning basic techniques, such as forward rolls, backward rolls, handstands and bridges. A fun warm-up exercise will help athletes attain these skills. Instructor TSP Sports. Min 10/Max 18.

172665-01	M-F	9am-12pm	7/8-7/12	\$185	LEEC
172665-02	M-F	9am-12pm	8/5-8/9	\$185	LEEC

Hoop Life Basketball Camp

Ages 4-14. Like basketball? Learn the fundamentals of basketball and display those fundamentals in skill competitions and scrimmages for prizes. Campers will leave with improved skills, a heightened basketball IQ, and any earned awards. All staff have playing and/or coaching experience in the higher levels of basketball, including the NBA. No experience necessary to participate. Campers swim once per week. Instructor Hoop Life. Min 10/Max 45. No camp 7/4.

172626-01	M-F	9am-4pm	7/1-7/5	\$209	JHES
172626-02	M-F	9am-4pm	7/8-7/12	\$265	JHES
172626-03	M-F	9am-4pm	7/15-7/19	\$265	JHES
172626-04	M-F	9am-4pm	7/22-7/26	\$265	JHES
172626-05	M-F	9am-4pm	7/29-8/2	\$265	JHES
172626-06	M-F	9am-4pm	8/5-8/9	\$265	JHES
172626-07	M-F	9am-4pm	8/12-8/16	\$265	JHES

Alexandria Aces Baseball Camp

Ages 8-16. Join the Cal Ripken Collegiate Summer League, one of the highest rated collegiate summer leagues in the country by Baseball America, for an exciting summer baseball camp. Study under professional baseball coaches and learn from some of the best college players in the country. The camps will include practice drills, offensive and defensive skill building, pitching, batting, base running and exhibition baseball games in a positive, exciting and supportive baseball environment. Limited enrollment and a low camper-to-staff ratio provide individual attention to each child. Each camper receives a certificate, Aces t-shirt and cap. Instructor Alexandria Aces. Min 20/Max 35.

172607-01	M-F	9:30am-2:30pm	7/8-7/12	\$215	FMPK
172607-02	M-F	9:30am-2:30pm	7/15-7/19	\$215	FMPK
172607-03	M-F	9:30am-2:30pm	7/22-7/26	\$215	FMPK

CREATIVE ARTS

Creative Inspiration

Ages 3-6. Look all around at flowing water, bright colors, mouth-watering fruit, and more! These things inspire us to construct miniature trees of life and draw Mondrian-style trees – with a twist! We examine ladybugs and other bugs in their leafy habitats; create fruity, patterned, mixed media masterpieces inspired by masters like Paul Gauguin. Instructor Abakadoodle. Min 5/Max 16.

172622-01 M-F 9am-12pm 7/29-8/2 \$205 ODRC

Fairy Tales

Ages 3-6. Take a creative journey deep into the world of fairy tales! These are the familiar, beloved stories of fantastic worlds, royal lives, and dramatic transformations that we know and love. Along the way, students will learn about disguises, color mixing, patterns, textures, and more. Students will live “Happily Ever After” in this creative storybook of art experiences. Instructor Abakadoodle. Min 5/Max 24.

172623-01 M-F 9am-12pm 8/5-8/9 \$205 ODRC

World Travel 3D

Ages 3-6. Travel with us on this creative journey and change the way you see the world! Learn about Chinese ceramics, Croatian “licitar” hearts, Maori design carvings from New Zealand, “nicho” boxes from Mexico and much more. Create art using a variety of materials and learn that through art we can connect with people from all over the world. Instructor Abakadoodle. Min 5/Max 24.

172624-01 M-F 9am-12pm 8/26-8/30 \$205 CHRC

A Little Bit of This, A Little Bit of That

Ages 3-6. Put it all together and we’ve got fun in all sorts of ways! Learn about Navajo culture and healing ceremonies with the delicate art of sand painting. Reuse magazines to create original colorful images, use cast-off wood blocks to design toys inspired by Uglydolls, create creepy crawly spider sculptures, and more. Instructor Abakadoodle. Min 5/Max 16.

172621-01 M-F 9am-12pm 7/8-7/12 \$205 ODRC

Kids on Canvas

Ages 6-12. Get ready for a painting adventure that features fabulous artists, tons of paint and buckets of fun! Explore patterns, texture and incorporate design while learning about Vincent van Gogh, Katsuhiko Hibino, Romero Britto, Amelia Pelaez, and more. You will have some super, Picasso-style fun! Instructor Abakadoodle. Min 5/Max 24.

172635-01 M-F 9am-4pm 8/19-8/23 \$325 CHRC

Fashion, Faces & Flowers

Ages 6-12. Practice realistic face drawings, some with lots of flowers and others to color with makeup on. On accessory day, we’ll focus on graphic style pieces in marker. We even have a coloring book-inspired floral drawing! On our final day, we’ll draw a fashion magazine cover to show what we’ve learned. Instructor Young Rembrandts. Min 10/Max 20.

172653-01 M-F 9am-12pm 7/1-7/5 \$385 ODRC

Royal Fashion Runway

Ages 6-12. Practice drawing fashion styles, figures, poses, accessories, and fashion close-ups. End the week with runway drawings! Instructor Young Rembrandts. Min 5/Max 20.

172655-01 M-F 9am-12pm 7/22-7/26 \$305 ODRC

Plug In Your Imagination

Ages 6-12. Plug in to your imagination and explore new mediums such as video game art, rice painting, newspaper watercolor and sculptures made with straws! Visit a lollipop garden? Play a watercolor piano? The possibilities are endless when we use our imaginations! Instructor Abakadoodle. Min 5/Max 24.

172620-01 M-F 9am-4pm 6/24-6/28 \$325 ODRC

Dips and Donuts

Ages 5-11. Does your child love to dip their food? Chips in salsa, veggies in hummus, bread sticks in marinara sauce? How about dipping donuts in glazes and toppings? In this fun, nutritious and delicious camp, tiny chefs learn a variety of recipes as they dip and dunk (and bake and blend) their way through our camp! Instructor Tiny Chefs. Min 10/Max 20.

172662-01 M-F 9am-4pm 7/15-7/19 \$299 ODRC

Cupcake Wars Cooking Camp

Ages 5-11. Curious about how the pros make those cupcakes so precious and ornate? Learn cupcake basics like measuring, mixing, baking, and frosting, and then finish the week with two days of baking battle! Small teams will face off with one another to compete for the title of “Best Cupcake!” Instructor Tiny Chefs. Min 10/Max 20.

172651-01 M-F 9am-4pm 8/12-8/16 \$299 ODRC

Chopped! Cooking Camp

Ages 5-11. Similar to the reality show Chopped!, campers will focus on different cuisines every day of camp. Using specific ingredients, they’ll make mouth-watering specialties and traditional favorites and explore new ingredients, tastes and combinations. Instructor Tiny Chefs. Min 10/Max 20.

172663-01 M-F 9am-4pm 7/22-7/26 \$299 ODRC

Snack Attack Cooking Camp

Ages 5-11. Students will push the limits of the snack concept and prepare a variety of wholesome, delicious, and unique nibbles. This is not your mother’s PB&J! Chefs will prepare a variety of bite-sized munchies like chicken salad cups, homemade granola bars, veggie nachos, roasted red pepper hummus with homemade pita chips, and more. No one will go hungry this week! Instructor Tiny Chefs. Min 10/Max 20.

172666-01 M-F 9am-4pm 7/1-7/5 \$245 ODRC

4-H Food Frenzy Cooking Camp

Ages 12-14. Food, food, and more food! Activities include 4-H Food Challenge, campfire cooking, food art, and much more! This camp is perfect for chefs of any age. For registration information, visit Alexandria Cooperative Extension at <https://alexandria.ext.vt.edu/programs.html> or call 703.746.5546. Min 4/Max 8.

Tu-Th 9am-4pm 8/6-8/8 \$219 LEEC

Creative Arts Campers must be fully potty trained and bring a snack and drink to camp each day. Full Day Campers should also bring a lunch.



PERFORMING ARTS

Once Upon A Time

Ages 3-5. Our favorite ballerinas join with our most loved princesses for a week filled with sparkle and delight. Each day a new story will be read and performed, and a snack and theme related craft will be offered. Join us on the last day of camp for a recital with friends and family. Instructor Tiny Dancers. Min 5/Max 10.

172611-01 M-F 10am-12pm 6/24-6/28 \$305 LEEC

Ballerina Dreams **NEW!**

Ages 3-5. Come to the world of magic wands, enchanted spells and royal balls as we dance our way through classic cherished stories. Each day includes a snack and theme related craft as well as instruction in ballet. Join us on the last day of camp for a recital with family and friends. Instructor Tiny Dancers. Min 5/Max 10.

172634-01 M-F 10am-12pm 7/15-7/19 \$305 LEEC

Under the Sea

Ages 3-5. Join us for fun on the "beach with stories such as The Little Mermaid, Rainbow Fish and Finding Nemo! After getting our feet wet with some dancing and movement games, we take a break for a snack and to make a souvenir craft. Each day, we will wear handmade costumes and use props to perform stories. Join us on the last day of camp for a recital for family. Instructor Abrakadoodle. Min 6/Max 20.

172639-01 M-F 10am-12pm 7/29-8/2 \$305 LEEC

Act It Out! **NEW!**

Ages 4-6. Awaken creativity and boost self-confidence through this theater arts camp that draws out positive values using storybooks! Students will explore their imaginations and artistic talents through theater games and acting out stories using costumes and props. This camp provides a fun and dynamic space to build confidence, courage and character. Instructor Care Actor. Min 6/Max 20.

172640-01 M-F 9am-12pm 7/22-7/26 \$195 LEEC

172640-02 M-F 9am-12pm 7/29-8/2 \$195 LEEC

Ballet/Hip-Hop Camp **NEW!**

Ages 6-8. Start with a traditional ballet barre and center, then move on to the contemporary urban beat of hip-hop with a performance for family and friends on the last day of camp. Girls should wear leotards, tights and ballet slippers and bring sneakers. Boys should wear black shorts or sweats, a white t-shirt and ballet slippers and bring sneakers. Instructor Tiny Dancers. Min 5/Max 10.

172610-01 M-F 10am-12pm 8/12-8/16 \$275 LEEC

Dramatic Kids!

Ages 7-11. Calling young actors and actresses! Learn improvisational theatre techniques and the fundamentals of dramatic storytelling. This camp provides a fun and dynamic space to build confidence, courage and character. Instructor Care Actor. Min 6/Max 20.

172641-01 M-F 9am-4pm 7/29-8/2 \$345 LEEC

172641-02 M-F 9am-4pm 8/12-8/16 \$345 LEEC

Theatrical Teens!

Ages 11-15. Awaken creativity and explore your artistic talents in this fun, dynamic theater arts camp specially designed for teens! Learn the art of improvisational theater techniques, the building blocks of playwriting, and the elements of scene study. A talented Teaching Artist will guide students towards producing their own original play based on positive values. Instructor Care Actor. Min 6/Max 20.

172642-01 M-F 9am-4pm 7/15-7/19 \$345 LEEC

Ultimate Music Experience **NEW!**

Ages 7-12. Campers are introduced to a variety of musical instruments. At the beginning of the week, each camper will be issued a t-shirt and camp bag! Free instrument rentals are provided to borrow for camp. Instructor Learn Music Now. Min 8/Max 20.

172668-01 M-F 9am-4pm 6/24-6/28 \$359 ODR

172668-02 M-F 9am-4pm 7/29-8/2 \$359 ODR

Theatrical Teens! Playwriting and Production

Ages 11-15. Awaken creativity and learn the full gamut of producing a live show from crafting an original work to performing it on the stage in two weeks! Learn the basic elements of playwriting such as action, character, conflict and dialogue. Once a script is finalized, bring the page to life with set design, tech, and acting techniques. Perform for friends and family on the last day of class! Instructor Care Actor. Min 6/Max 20.

172657-01 M-F 9am-4pm 8/19-8/30 \$675 LEEC



Before and/or After Care: See page 25.

COMPUTER CAMPS

Robotics & Visual Coding LEGO®

Ages 5-8. Learn the basics of visual programming! Create commands for robots to follow by using an application that is visually simple to use, but capable of complex instructions. Students learn the importance of teamwork by working together on an assignment of the day. Instructor C3 Cyber Club Inc. Min 8/Max 12. No camp 7/4.

172617-01	M-F	9am-4pm	7/1-7/5	\$305	ODRC
172617-02	M-F	9-12pm	7/1-7/5	\$199	ODRC
172617-03	M-F	1-4pm	7/1-7/5	\$199	ODRC

Jedi Engineering with LEGO®

Ages 5-12. The Force is strong in this camp! Build complex machines and structures based on the best designs from a galaxy far, far away. Participants are encouraged to bring a snack. Instructor Play-well Technologies. Min 11/Max 24.

172619-01	M-F	9am-12pm	7/8-7/12	\$189	ODRC
172619-02	M-F	1-4pm	7/8-7/12	\$189	ODRC

Minecraft Modding & Coding Design

Ages 6-9. Learn basic programming concepts using a simple drag-and-drop interface within Scratch, a software developed by the MIT Media Lab. Students will use creative thinking, while learning to create and program simple games. Use pre-made art assets or create your own, and learn how to program them, to walk, talk, and interact with objects. Students use logic and visual programming to create simple, 2D Video Game in Scratch 2. Instructor C3 Cyber Club Inc. Min 8/Max 12.

172618-01	M-F	9am-4pm	8/5-8/9	\$375	ODRC
172618-02	M-F	9am-12pm	8/5-8/9	\$249	ODRC
172618-03	M-F	1-4pm	8/5-8/9	\$249	ODRC

Minecraft Programming

Ages 6-9. Create and texture your own items and codes using the popular game Minecraft, while learning the basics of Java. Determine how items appear and behave from pre-made templates and create Java packages. By the last class, students will have their own fully functional mod packages to use at home! Instructor C3 Cyber Club Inc. Min 8/Max 12.

172616-01	M-F	9am-4pm	6/24-6/28	\$375	ODRC
172616-02	M-F	9am-12pm	6/24-6/28	\$255	ODRC
172616-03	M-F	1-4pm	6/24-6/28	\$249	ODRC

Silver Knights Coding Camp

Ages 7-12. Create stories, games, and animations using a visual programming language called Scratch. Learn to think creatively, work collaboratively, and reason systematically. New coders will learn the basics while more experienced coders are challenged to create more complex programs. Each child takes home a t-shirt and a USB drive containing their programs! Instructor Silver Knights Enrichment. Min 8/Max 24.

172612-01	M-F	9am-4pm	7/8-7/12	\$449	LEEC
172612-02	M-F	9am-4pm	8/12-8/16	\$449	ODRC

Go Pro & Fortnite Flix

Ages 7-13. Traditional filmmaking has never been like this. No tripods in this class, it's all about new and exciting ways to film and capture movement as the camera becomes part of the movie making process. Students work in groups to experiment with this amazing filmmaking tool and learn the techniques and tricks behind creating unique GoPro movies! Instructor IncrediFlix. Min 6/Max 10.

172650-01	M-F	9am-4pm	7/15-7/19	\$429	ODRC
172650-02	M-F	9am-1pm	7/15-7/19	\$245	ODRC
172650-03	M-F	1-4pm	7/15-7/19	\$219	ODRC

Green Screen LEGO® & Animation

Ages 7-13. Bring Lego stop-motion animation to the next level! Students will design and build their movie sets out of Legos, and transport them anywhere using green screen technology. Once students have their LEGO world, they'll bring it to life in movies students will storyboard, shoot, and voice-over in age appropriate groups. Instructor IncrediFlix. Min 6/Max 14.

172656-01	M-F	9am-4pm	8/12-8/16	\$405	ODRC
172656-02	M-F	9am-1pm	8/12-8/16	\$219	ODRC
172656-03	M-F	1-4pm	8/12-8/16	\$219	ODRC

Learn to Code

Ages 11-16. All the tech greats started coding in their teen years, Zuckerberg, Gates & Jobs! Learn how to start writing Javascript and HTML and program with Scratch, an MIT developed program written especially for teens. Computer maintenance and the basics of computer hardware and operating systems will also be covered. Instructor Andy Livingston. Min 4/Max 8.


172614-01	M-F	9am-12pm	6/24-6/28	\$289	CHRC
172614-02	M-F	9am-12pm	8/26-8/30	\$289	CHRC

Computer Technology for Creative Teens

Ages 11-16. Create your own computer projects: produce a podcast, shoot and edit video, create your own website, make your own 3D landscape, explore 3D printing, design your own t-shirt or hat, create your own music beats and design a room! We'll also explore Virtual Reality with Oculus Go! Instructor Andy Livingston. Min 4/Max 8.

172613-01	M-F	1-4pm	6/24-6/28	\$289	CHRC
172613-02	M-F	1-4pm	8/26-8/30	\$289	CHRC



 Before and/or After
Care: See page 25.





STEM

CAMPS

PhysioFit Kids: All Systems Are Go

Ages 3-6. Ever wonder why your heart beats so fast when you run, or what happens to food after you swallow it? All systems are 3...2...1...Go! With super fun activities, gooey arts and crafts and cool science experiments, we'll learn how YOU fit into science! Instructor PhysioFit Kids. Min 7/Max 25.

172647-01	M-F	9am-12pm	8/12-8/16	\$189	LEEC
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PhysioFit Kids: Made to Move



Ages 3-6. Kick! Bend! Squat! Jump! Get active! With super fun learning activities, gooey arts and crafts, and too cool science experiments, we'll learn what makes our muscles move and how YOU fit into science! Instructor PhysioFit Kids. Min 7/Max 25.

172646-01	M-F	9am-12pm	7/29-8/2	\$189	ODRC
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STEM Using LEGO®



Ages 5-12. Ratchet up your imagination with tens of thousands of LEGO pieces. Design and build as never before, exploring endless possibilities in a supportive environment. In STEM Challenge, apply real-world concepts in physics, engineering, and architecture with projects such as Belt-Drive Cars, Truss Bridges, Rail Races, and Pneumatic Forklifts! Instructor Play-well Technologies. Min 11/Max 24.

Ages 5-6

172638-01	M-F	9am-12pm	7/22-7/26	\$189	ODRC
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Ages 7-12 STEM Challenge

172648-01	M-F	1-4pm	7/22-7/26	\$189	ODRC
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Silver Knights Chess



Ages 5-12. Learn about chess from highly-rated professional chess instructors. Beginners through experienced players are welcome. Learn openings, tactics, and end-games; study master games; play against fellow students; and analyze students' games. Receive a tournament-style chess set. Instructor Silver Knights Enrichment. Min 10/Max 30.

172606-01	M-F	9am-4pm	8/19-8/23	\$315	CHRC
172606-02	M-F	9am-4pm	8/26-8/30	\$315	CHRC

Amazing Race Around the World



Ages 6-8. Race with your team and navigate the world to discover and experience new places and cultures. Then, build a micronation with Science, Technology, Engineering, Arts, and Math using social and emotional skills while working together as one nation. Instructor Ischool For The Future. Min 10/Max 18.

172660-01	M-F	9am-4pm	6/24-6/28	\$345	ODRC
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PhysioFit Kids: Ew! Gross!



Ages 6-12. Sometimes bones break and knees get scraped – but have you ever wondered what those look like from the inside out? Grab your lab coat and join PhysioFit Kids for an insider's look on what happens during these “body bloopers.” Let's not forget the safety measures and exercises to keep these accidents from happening! Instructor PhysioFit Kids. Min 7/Max 25.

172644-01	M-F	9am-4pm	7/15-7/19	\$345	ODRC
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Science Magic



Ages 6-8. Get hands-on! Zoom in on biology, chemistry and the environment, and learn important 21st century social and emotional skills. At the end of the week, be amazed by a Science Magic show. Instructor Ischool for the Future. Min 10/Max 18.

172664-01	M-F	9am-4pm	7/8-7/12	\$345	ODRC
172664-02	M-F	9am-4pm	8/5-8/9	\$345	ODRC

Silver Knights LEGO® Robotics

NEW!



Ages 6-12. Explore the animal kingdom in this WeDo 2.0 LEGO Robotics Camp where you build and code swinging monkeys, fierce silverback gorillas, cute koalas and more robots that climb, move, bite and roll! Instructor Silver Knights Enrichment. Min 5/Max 24.

172643-01	M-F	9am-4pm	7/15-7/19	\$449	ODRC
172643-02	M-F	9am-4pm	8/26-8/30	\$449	ODRC

Innovation Lab

NEW!



Ages 7-11. Explore the ups and downs of physics, technology and material sciences. Become an inventor and unveil your innovations in front of the audience! Using age-appropriate social and emotional skills and creative STEM curriculum, children will have fun playing with science and bring their ideas to reality. New activities and themes each week. Instructor Ischool For The Future. Min 10/Max 18.

172652-01	M-F	9am-4pm	8/12-8/16	\$345	ODRC
172652-02	M-F	9am-4pm	8/19-8/23	\$345	ODRC

Jedi Masters STEAM



Ages 7-12. This drawing and engineering camp combines the best of educational STEAM fun for older students! Learn drawing skills to create space-age characters, starships, and cosmic action scenes. Use LEGO® to explore famous planets like Hoth and Endor, build X-Wings and R-2 Units, and defeat the Empire once and for all! Instructor Young Rembrandts. Min 10/Max 20.

172654-01	M-F	9am-4pm	7/29-8/2	\$445	ODRC
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4-H Slimy, Gooey, Gross

NEW!

Ages 9-12. This science camp involves fun, hands-on activities that teach basic science principles. We'll explore slimy, gooey, gross science while we will conduct all kinds of icky, sticky experiments! Get ready to be playing in some slimy, yucky science fun. Visit Alexandria Cooperative Extension at alexandria.ext.vt.edu/programs.html or call 703.746.5546. Min 4/Max 10.

Tu-Th	9am-12pm	7/30-8/1	\$159	LEEC
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4-H Planet Energy

NEW!

Ages 9-12. Learn about the powers of light, motion, and heat energy. We'll launch a solar balloon, work with magnetism, experience solar energy, learn about nature, and conduct energizing hands-on experiments! Visit Alexandria Cooperative Extension at alexandria.ext.vt.edu/programs.html or call 703.746.5546. Min 4/Max 8.

Tu-Th	9am-12pm	8/13-8/15	\$159	LEEC
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NATURE & EXCURSION

Tadpole Camp*

Ages 3-4. Children will explore the fascinating world of the animal kingdom. Guided by a Naturalist, they will be introduced to many native and exotic animals that inhabit our world. This camp features age-appropriate arts and craft sessions, storytelling, live animals and more! Min 8/Max 14.

179800-01	M-F	10-11am	6/24-6/28	\$65	BFNC
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Budding Naturalist Camp*

Ages 5-6. (Children entering K to 1st Grade) Through up-close observations, investigations and explorations, children will discover the fascinating world of native animals. Theme-related arts and crafts, stream and marsh investigations, and exciting activities are featured. Min 8/Max 14.

179801-01	M-F	10am-12pm	7/8-7/12	\$115	BFNC
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Full Day Nature Camp*

Ages 6-10. Full-day nature camp offers exciting field trips and adventurous new themes! Parents may drop off their children as early as 8:30 a.m. and pick-up by 3:30 p.m. Snacks and field trips are included in the registration fee. Min 8/Max 12.

Ages 6-8, 1st and 2nd Grade

179802-01	M-F	9am-3pm	7/15-7/19	\$355	BFNC
179802-02	M-F	9am-3pm	8/5-8/9	\$355	BFNC

Ages 8-10, 3rd and 4th Grade

179803-01	M-F	9am-3pm	7/22-7/26	\$355	BFNC
179803-02	M-F	9am-3pm	8/12-8/16	\$355	BFNC

Nature Camp After Care*

NEW!

Ages 6-10. Need a little extra time after work to pick up your child from nature camp? This program allows your child to stay longer and participate in activities including arts and crafts, movies, and games. Min 6/Max 12.

179805-01	M-F	3-5pm	7/15-7/19	\$65	BFNC
179805-02	M-F	3-5pm	8/5-8/9	\$65	BFNC
179805-03	M-F	3-5pm	7/22-7/26	\$65	BFNC
179805-04	M-F	3-5pm	8/12-8/16	\$65	BFNC

Fish and Fun

NEW!

Ages 6-9. Learn the basics of freshwater fishing through a series of games, activities, and on-the-water experience. Campers learn casting, fish species, and knots. They'll get their hands dirty catching their own bait before heading out to local ponds and rivers in search of bluegill, bass, catfish, and more! Min 6/Max 12.

172670-01	M-F	9am-4pm	7/22-7/26	\$455	CQRC
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4-H Junior Camp



Ages 9-13. Every child deserves a vacation from their family. 4-H camp is your opportunity to get away! This five-day, four night camp is held at the Northern Virginia 4-H Educational Center in Front Royal, Virginia. Return transportation, meals, lodging, t-shirt, and class supplies are all included. Enjoy great activities, amazing friends, and unforgettable memories. **For registration information, visit Alexandria Cooperative Extension at alexandria.ext.vt.edu/programs.html or call 703.746.5546.**

Su-Th	all day	6/30-7/4	\$350	LEEC
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NOVA Mountain Biking Camp



Ages 8-13. Northern Virginia has some of the best urban mountain biking trails around! Through daily instruction and trail rides, campers will develop beginner and intermediate mountain biking skills including: steering, shifting, hill climbing and descending, log hopping, dodging obstacles, etiquette, maintenance, safety and more. Ride in the morning and afternoon with a midday activity with time to cool down. Bikes and helmets are provided, but campers are welcome to bring their own. For more information, visit virginiaoutside.com or contact Tee Clarkson at tsclarkson@virginiaoutside.com or 804.272.6362. Times listed are transportation pick-up and drop-off. Min 3/Max 6.

172609-01	M-F	8:30am-3:30pm	8/5-8/9	\$555	CQRC
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Virginia Fishing Adventure



Ages 8-14. Learn beginner and intermediate freshwater fishing in nearby private ponds and rivers, and the Chesapeake Bay. Counselor-to-camper ratio is 1-to-4 to allow for individual instructional time each day and safety is our number one priority. All bait, tackle, rods, reels, and lifejackets are supplied. No experience is necessary. For more information, contact Tee Clarkson at tsclarkson@virginiafishingadventures.com or call 804.272.6362. Times listed are transportation pick-up and drop-off. Campers may earn their fishing merit badge through this program. Min 6/Max 12.

172608-01	M-F	8:30am-4:30pm	7/15-7/19	\$575	CQRC
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Teen Excursion Camp

Ages 12-15. Campers travel to exciting destinations each day of the week! Trips may include activities such as zip lining, paintball and more! Campers should wear comfortable clothing each day as well as bring a bathing suit and towel. Trip return times may vary. Min 10/Max 12.

172645-01	M-F	9am-4pm	7/15-7/19	\$385	NLRC
172645-02	M-F	9am-4pm	8/5-8/9	\$385	NLRC
172645-03	M-F	9am-4pm	8/19-8/23	\$385	NLRC

* For more information, call the Jerome "Buddie" Ford Nature Center at 703.746.5559.



Before and/or After Care: See page 25.





OUT OF SCHOOL TIME

Theme & Registration Information

"Epic Adventures!" invites your child to experience a traditional camp to the X-treme. Participants will engage in activities and special events with an adventurous theme that will promote self-awareness and confidence, as well as self-expression and creativity while having fun and making new friends in the Power-On and Power-Up Summer Out of School Time Programs.

Parent information packets are required to complete registration and are available at each recreation center, at the Lee Center, or online at alexandriava.gov/Recreation through June 21. June 22-28, registration will only be available in-person at Lee Center. Limited bus transportation will be provided for the John Adams program at Ferdinand T. Day Elementary School and Power-Up program at GW Middle School. Fees are subject to change starting July 1.

Summer Food Service Program

The Alexandria Department of Recreation, Parks and Cultural Activities will sponsor the USDA Summer Food Service Program. Free lunches and/or snacks will be provided to youth ages 18 and under, weekdays June 24-August 16. Acceptance and participation in the program is the same for all regardless of race, color, national origin, gender or ability. Meals/snacks will be served at eligible recreation programs and other organizations serving Alexandria youth. For more information, call the Registration & Reservation Office at 703.746.5414.

Summer Power-On



Ages 6-12 (entering 1st grade in Fall 2019). Discover creative and performing arts, traditional recreation activities, sports, health and fitness, field trips, family events and much more! Campers will develop a sense of camaraderie and an understanding of teamwork! The John Adams program will be held at the new Ferdinand T. Day Elementary School, due to renovations. Registration minimums and maximums vary by location. Nonresident fee \$615. No program 7/4.

102901-01	M-F	9am-6pm	6/24-8/16	\$335	FDSE
102902-01	M-F	9am-6pm	6/24-8/16	\$335	DMES
103500-01	M-F	9am-6pm	6/24-8/16	\$335	CBRC
103600-01	M-F	9am-6pm	6/24-8/16	\$335	CHRC*
103700-01	M-F	9am-6pm	6/24-8/16	\$335	CKRC
103800-01	M-F	9am-6pm	6/24-8/16	\$335	MVRC
104000-01	M-F	9am-6pm	6/24-8/16	\$335	PHRC*
104100-01	M-F	9am-6pm	6/24-8/16	\$335	WRRC

*Available to nonresidents. Register at Lee Center only, beginning May 1.

Summer Power-Up



Ages 11-14 (entering grades 6-10 in Fall 2019). Your epic adventure awaits! Designed for young teens who want to spend the summer meeting new friends, having fun and creating epic memories. Power-Up provides engaging, age-appropriate activities for all participants to enjoy. The program includes sports, swimming, field trips, performing and creative arts, STEAM activities, special events and more! No program 7/4. Min 25/Max 150.

102904-01	M-F	9am-6pm	6/25-8/17	\$335	GWMS*
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Summer Before Care

Ages 6-14. Before Care is available at all locations that host Summer Power-On and Summer Power-Up programs for each week of the summer. Visit alexandriava.gov/Recreation to register by week. No program 7/4. Min 10/Max 40.

M-F	7-9am	6/24-6/28	\$39
M-F	7-9am	7/1-7/5	\$35
M-F	7-9am	7/8-7/12	\$39
M-F	7-9am	7/15-7/19	\$39
M-F	7-9am	7/22-7/26	\$39
M-F	7-9am	7/29-8/2	\$39
M-F	7-9am	8/5-8/9	\$39
M-F	7-9am	8/12-8/16	\$39

Extra Fun Weeks



Ages 6-14. The summer fun doesn't have to end! Extend your Power-On experience. Children will participate in on-site enrichment activities that emphasize creativity and learning. Youth must bring lunch and a snack daily. Register by August 2 online at alexandriava.gov/Recreation for the locations listed below.

M-F	9am-6pm	8/19-8/23	\$75
M-F	9am-6pm	8/26-8/30	\$75

Extra Fun Weeks Before Care

Ages 6-14. Before Care is available at the locations listed below.* Register by August 2 online at alexandriava.gov/Recreation.

M-F	7-9am	8/19-8/23	\$39
M-F	7-9am	8/26-8/30	\$39

* For information, contact the Registration & Reservation Office at 703.746.5414 or the program host site:

Charles Houston Recreation Center 703.746.5552

Leonard "Chick" Armstrong Recreation Center 703.746.5554

Patrick Henry Recreation Center 703.746.5557

CAMP ADVENTURE



Teenie Weenie Camp Adventure (TR)

Ages 3-5. Looking for an inclusion summer camp geared for pre-schoolers with or without disabilities? Look no further. Campers will enjoy a variety of fun and exciting recreational activities, such as storytime, music and movement, arts and crafts, group games and swimming. Min 8/Max 15.

103000-01	M-F	8:30am-12pm	7/8-7/19	\$185	NLRC
103000-02	M-F	8:30am-12pm	7/22-8/2	\$185	NLRC

TR Camp Adventure (TR)

Ages 6-17. Dive into summer and enjoy a variety of fun and exciting activities, such as sports, group games, music and movement, arts and crafts, swimming, weekly field trips and much more! Additional fees are required for all field trips. Min 15/Max 25. No camp 7/4.

103001-00	M-F	9am-6pm	6/24-8/9	\$899	NLRC
103001-01	M-F	9am-6pm	6/24-7/5	\$245	NLRC
103001-02	M-F	9am-6pm	7/8-7/19	\$269	NLRC
103001-03	M-F	9am-6pm	7/22-8/2	\$269	NLRC
103001-04	M-F	9am-6pm	8/5-8/9	\$159	NLRC



Extended Camp Adventure (NEW) (TR)

Ages 5-15 for General Recreation and Ages 6-17 for Therapeutic Recreation. Need an extra week of camp? Let us help you fill in the gap! Additional fees are required for all field trips. Min 15/Max 30.

103005-01	M-F	9am-6pm	8/12-8/16	\$159	NLRC
103005-02	M-F	9am-6pm	8/19-8/23	\$159	NLRC

Camp Adventure

Ages 5-15. Adventure into exciting activities, like swimming, sports, group games, weekly field trips, scavenger hunts and more. Low camper-to-counselor ratio results in small group setting. Field trips require additional fees. No camp 7/4.

Mini Adventure, Ages 5-6. Min 15/Max 35.

103002-00	M-F	9am-6pm	6/24-8/9	\$885	NLRC
103002-01	M-F	9am-6pm	6/24-7/5	\$299	NLRC
103002-02	M-F	9am-6pm	7/8-7/19	\$329	NLRC
103002-03	M-F	9am-6pm	7/22-8/2	\$329	NLRC
103002-04	M-F	9am-6pm	8/5-8/9	\$159	NLRC

Youth Adventure, Ages 7-12. Min 30/Max 70.

103003-00	M-F	9am-6pm	6/24-8/9	\$849	NLRC
103003-01	M-F	9am-6pm	6/24-7/5	\$289	NLRC
103003-02	M-F	9am-6pm	7/8-7/19	\$319	NLRC
103003-03	M-F	9am-6pm	7/22-8/2	\$319	NLRC
103003-04	M-F	9am-6pm	8/5-8/9	\$159	NLRC

Teen Adventure, Ages 13-15. Min 3/Max 10.

103004-00	M-F	9am-6pm	6/24-8/9	\$849	NLRC
103004-01	M-F	9am-6pm	6/24-7/5	\$289	NLRC
103004-02	M-F	9am-6pm	7/8-7/19	\$319	NLRC
103004-03	M-F	9am-6pm	7/22-8/2	\$319	NLRC
103004-04	M-F	9am-6pm	8/5-8/9	\$159	NLRC

Camp Adventure Before Care (TR)

Ages 5-15 for General Recreation and Ages 6-17 for Therapeutic Recreation. Need a little extra time in the morning? Let us help! Min 12/Max 24. No program 7/4.

103006-01	M-F	7-9am	6/26-6/30	\$55	NLRC
103006-02	M-F	7-9am	7/3-7/7	\$45	NLRC
103006-03	M-F	7-9am	7/10-7/14	\$55	NLRC
103006-04	M-F	7-9am	7/17-7/21	\$55	NLRC
103006-05	M-F	7-9am	7/24-7/28	\$55	NLRC
103006-06	M-F	7-9am	7/31-8/4	\$55	NLRC
103006-07	M-F	7-9am	8/7-8/11	\$55	NLRC
103006-08	M-F	7-9am	8/14-8/18	\$55	NLRC

(TR) = Designed for individuals with disabilities. Assessment required. To register, contact Therapeutic Recreation at 703.746.5422.



IT'S SHOW TIME. Get your creative juices flowing and impress your family and friends with your new skills!



BALLET



Mommy & Me: Let's Play Ballet +ADULT

Ages 2-3 with adult. Let your little one experience the joy of being a ballerina! Playful exercises in pre-ballet and creative movement will include dancing with magic wands, flowers, ribbons and more! Dads are welcome too! One adult per child attends class. Instructor Go Bananas Dancing. Min 6/Max 10.

452623-01	F	10:10-10:50am	4/26-6/14	8	\$145	CHRC
152623-01	F	10:10-10:50am	7/19-8/16	5	\$95	CHRC

Tiny Dancers

Ages 3-5. Designed as an introduction to ballet for girls and boys, this curriculum incorporates classical ballet technique, exquisite, custom-made costumes and creative story-dance interpretations. In-class performance on last day. Girls should wear leotards, tights and ballet slippers. Boys should wear a tee shirt, sweat pants and ballet shoes. Instructor Tiny Dancers. Min 5/Max 10.

Ages 3-4

452615-01	Tu	4-4:45pm	4/23-6/18	9	\$219	CHRC
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Ages 4-5

452616-01	Tu	5-5:45pm	4/23-6/18	9	\$219	CHRC
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Pre-Ballet & Movement I

Ages 3-5. Do you have an aspiring ballerina? This class teaches children the five ballet positions and explores creative movement. Students learn the disciplines of dance while having fun and promoting physical coordination and mental concentration. Instructor Megan Lively. Min 5/Max 12. No class 5/25, 7/20.

452605-01	Sa	9:05-9:55am	4/27-6/22	8	\$119	CHRC
152605-01	Sa	9:05-9:55am	6/29-8/24	8	\$119	CHRC

Pre-Ballet & Movement II

Ages 3-5. Already have a little ballerina? By reintroducing the five positions, dancers will learn small routines and basic technique while exploring creative movement, having fun, promoting physical coordination and mental concentration. Prerequisite: Completion of Pre-Ballet & Movement or equivalent training. Instructor Megan Lively. Min 5/Max 12. No class 5/26, 7/20.

452606-01	Sa	10-10:50am	4/27-6/22	8	\$119	CHRC
152606-01	Sa	10-10:50am	6/29-8/24	8	\$119	CHRC

Pre-Ballet with Go Bananas Dancing

Ages 3½-5. Explore creative movement with playful music and props while learning basic ballet positions. Parents and caregivers remain outside the classroom. New material is added each session, so class can be taken again and again. Instructor Go Bananas Dancing. Min 6/Max 12.

452624-01	Tu	10:30-11:15am	4/23-6/11	8	\$145	CHRC
152624-01	F	11-11:45am	7/19-8/16	5	\$95	CHRC

KinderBallet

Ages 4-5. Learn basic ballet techniques including barre, center floor, and across floor, while developing grace, poise and self-esteem. Age-appropriate stretching exercises will help develop strength, flexibility and balance. Simple Adagio combinations will make your beginner ballerina feel like a pro. No experience required. Instructor Ms. Lynne. Min 6/Max 12. No class 5/27.

453801-01	M	5-6pm	4/22-6/10	7	\$79	MVRC
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Pre-Ballet & Movement II/III

Ages 4-5. Have a little ballerina ready for more but they're not old enough for Ballet I? This class will reintroduce the five positions, explore creative movement and disciplines of dance. Prepare for Ballet I with introduction to the basic ballet techniques, basic routines, barre and center floor. Children will continue to develop physical coordination and mental concentration. Prerequisite: Completion of previous pre-ballet and movement classes or equivalent training. Instructor Megan Lively. Min 5/Max 12. No class 5/25, 7/20.

452607-01	Sa	11-11:50am	4/27-6/22	8	\$119	CHRC
152607-01	Sa	11-11:50am	6/29-8/24	8	\$119	CHRC

Tap n' Ballet

Ages 4-6. Introduce your child to the joyful rhythms of Tap and the beauty of Ballet! The first half of this class will be devoted to Tap dancing and the second half will be Pre-Ballet, all focusing on building the child's grace and musicality. Tap or noisy shoes and leather Ballet shoes recommended. Instructor Go Bananas Dancing. Min 6/Max 12.

452625-01	W	3:30-4:15pm	4/24-6/12	8	\$145	CHRC
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Ballet I

Ages 5-7. Learn basic ballet techniques, including adagio, basic routines, barre and center floor. Your child will learn the disciplines of dance while having fun and promoting physical coordination and mental concentration. Instructor Megan Lively. Min 5/Max 12. No class 5/25.

452610-01	Sa	12-12:50pm	4/27-6/22	8	\$119	CHRC
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Mlyna Ballet I

Ages 6-7. Ballet barre, Center Adagio and floor Adage will be executed in class, improving technique and strengthening skills. Introduction to Petit Allegro, Pirouettes and linking movements. Enhance self-confidence and advance to higher levels of skill. Prerequisite: 1 year of experience. Instructor Ms. Lynne. Min 6/Max 12.

453801-02	Tu	5-6pm	4/23-6/11	8	\$79	MVRC
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Ballet II

Ages 7-11. Focus on barre, center floor, across the floor, stretching, adagio and routines with an introduction to leaps, turns and jumps. Your child will learn the disciplines of dance while having fun and promoting physical and mental concentration, balance and strength. Prerequisite: Completion of Ballet I or equivalent training. Instructor Megan Lively. Min 5/Max 12. No class 5/25.
452611-01 Sa 1-2pm 4/27-6/22 8 \$119 CHRC

Mlyna Ballet II

Ages 8-12. Ready to look and feel like a ballerina? Learn Ballet barre, Center Adagio and floor Adage while focusing on improving technique and strengthening skills. Enhancing self-confidence while mastering Petit Allegro, Pirouettes and linking movements. No experience needed. Instructor Ms. Lynne. Min 6/Max 12.
453802-01 Th 5-6pm 4/11-6/13 10 \$149 MVRC

Advanced Mlyna Ballet II

Ages 8-14. Learn a higher level of technique and comprehension, focusing on strengthening and developing skills into steps, sequences, combinations and placements. Continued focus will be placed on posture, poise, grace and challenging perfection. Prerequisite: 3 years of experience. Instructor Ms. Lynne. Min 6/Max 12. No class 5/27.
453806-01 M,Th 6:15-7:15pm 4/29-6/13 13 \$169 MVRC

Adult Ballet

Ages 18 & up. Discover the strength, beauty, elegance and grace of ballet, while improving coordination, flexibility, breathing and posture. Use all the muscle groups and challenge the body and mind to create a flow of movement that enhances the quality of learning ballet. Instructor Ms. Lynne. Min 6/Max 12. No class 5/27.
453803-01 M,Th 9:15-10:15am 4/15-6/3 14 \$155 MVRC
453803-02 M 9:15-10:15am 4/15-6/3 7 \$79 MVRC

DANCE

Tot Beatz

Ages 3-6. Boys and girls will be introduced to beginning dance steps in hip hop, jazz and physical fitness. Combinations will give kids the opportunity to express themselves, enhance flexibility and have fun. Instructor Go Bananas Dancing. Min 6/Max 12.
452622-01 F 11-11:45am 4/26-6/14 8 \$145 CHRC

Senior Line Dance 55+

Ages 55 & up. Seniors, improve endurance, balance, circulation, memory, and socialization through easy and fun line dance. Participants will be led by an experienced and qualified instructor. Instructor Rodney. Min 4/Max 20.
414004-01 F 11:30am-12:30pm 4/5-6/21 12 \$109 PHRC

MUSIC



Little Hands Music

Ages 0-6. Shake, rattle and roll with bells, shakers, sticks, drums, and more! Move with scarves, parachute, and hoops to fully experience the joy of movement and music of this session's theme. All classes are taught by experienced music educators and trained music therapists. **Register at littlehands.com or call 703.631.2046.** Instructor Little Hands Music. Min 6/Max 12. No class 5/27, 6/11.

Infants, Ages 0-1

Tu	11-11:30am	4/23-6/18	8	\$145	CHRC
Tu	5:45-6:15pm	4/23-6/18	8	\$159	CHRC
Tu	11:30am-12pm	7/9-8/13	6	\$109	CHRC

Toddlers, Ages 1-3

M	10-10:30am	4/22-6/17	8	\$145	CHRC
M	10:45-11:15am	4/22-6/17	8	\$145	CHRC
Tu	9:30-10am	4/23-6/18	8	\$145	CHRC
Tu	10:15-10:45am	4/23-6/18	8	\$145	CHRC
Tu	10-10:30am	7/9-8/13	6	\$109	CHRC
Tu	10:45-11:15am	7/9-8/13	6	\$109	CHRC

Preschoolers, Ages 3-6

Tu	12:30-1:15pm	4/23-6/18	8	\$169	CHRC
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Little Fingers Piano

Ages 2-5. Our youngest musicians will participate in guided musical exploration, age-appropriate theory, musical games, special extension curriculum-based activities, musical listening excerpts, and more! Min 6/Max 12.

452618-01	F	10:30-11:15am	4/26-6/21	9	\$185	CHRC
152618-01	F	10:30-11:15am	6/28-8/30	10	\$205	CHRC

Private Music Lessons

Ages 5 & up. Learn a new artistic skill or continue developing! Enjoy 30-minute one-on-one lessons in piano, violin, cello or double bass. Piano provided, other instruments must be brought by students. Please call 703.746.5570 to schedule a lesson or inquire about lesson times, must be scheduled minimum 5 days before first lesson. Instructor Mark Evans. Min 6/Max 16.

442611-01	F	4-8:30pm	4/26-6/21	9	\$315	CHRC
142611-01	F	4-8:30pm	6/28-8/30	10	\$355	CHRC



PERFORMING ARTS



Little Stars!

Ages 2-3. Introduce toddlers to the wonderful world of arts education. Children explore their creativity and imagination through, music, movement, story time, acting, games, and art. Participants will take home a mini art project each week. Instructor CARE Actor. Min 6/Max 10.

452619-01 Tu 10:45-11:30am 4/23-6/11 8 \$135 CHRC

Act it Out!

Ages 3-6. Younger kids learn improvisational theater games and act out a story using costumes and props. Theater arts are used to teach topics such as respect, truth, and peace. Instructor CARE Actor. Min 6/Max 12.



452620-01 W 4:30-5:15pm 4/24-6/12 8 \$135 CHRC

VISUAL ARTS

ART BOX: Preschoolers Paint **+ADULT** **NEW!**

Ages 0-3 with adult. Preschool artists explore the wonders of sensory art using unconventional materials as the medium to explore texture, form and space. Food-based paint recipes and child-friendly painting tools stimulate learning in a creative, fun and highly active kid-friendly environment. With parent/caregiver participation, create special keepsakes and artwork with the hand/footprint of the child. Instructor Sheila Whiting. Min 6/Max 24.

443806-01 Th 10-10:45am 4/4-5/9 6 \$129 MVRC

443806-02 Th 10-10:45am 5/16-6/20 6 \$129 MVRC

Ooey Goey Art **NEW!**

Ages 18 mos.-3 yrs. Smash, mush, smoosh, and mash! Infants and toddlers experiment with all kinds of unusual materials to create colorful and creative works of art. Explore sculpture, painting, edible art, and more as we celebrate creativity! Weekly themes will have parents and children working together with emphasis on sensory exploration. Min 3/Max 10.

452628-01 Tu 10-10:30am 4/30-5/28 5 \$65 NLRC

Abrakadoodle Twoosy Doodlers **+ADULT**

Ages 20 mos.-3 yrs. with adult. Little fingers will experiment with painting, gluing, sticking, printing and creating while developing fine motor, language and self-help skills. This is an "I can do it" class that is fun and creative. Each session has new activities, and moms and helpers get to play too. Instructor Abrakadoodle. Min 5/Max 12. No class 5/29, 7/3, 7/4, 8/8.

452600-01 Tu 10:15-11am 4/23-6/11 8 \$165 MVRC

452600-02 W 10:15-11am 4/24-6/12 8 \$165 PHRC

452600-03 Th 9:15-9:55am 4/25-6/13 8 \$165 CHRC

452600-04 Th 10:15-11am 4/25-6/13 8 \$165 CHRC

152600-01 Tu 10:15-11am 6/25-8/20 9 \$185 CHRC

152600-02 W 10:15-11am 6/26-8/21 9 \$185 CHRC

152600-03 Th 9:15-10am 6/27-8/22 8 \$165 CHRC

152600-04 Th 10:15-11am 6/27-8/22 8 \$165 CHRC

Stop, Drop & Art

+ADULT**DROP-IN****NEW!**

Ages 2-5 with adult. Create a take-home art project in this fun and social drop-in class. Participants will enjoy hands-on instruction in a variety of mediums, with a different project each week. Drop-ins \$5 per child (\$7 non-residents). Register for the entire session to save. Instructor Abby. Max 10.

454204-01 Tu 9-9:45am 4/23-6/18 9 \$39 CQRC

Masterpiece for Kids! **NEW!**

Ages 2½-5. Your little artist can explore the wonders of fine art while learning about a few famous painters such as Van Gogh, Frida Khalo, Georgia O'Keeffe and more. Learn fine motor skills through music, stories, and hands on experience. Min 3/Max 10.

452629-01 Tu 6:30-7:15pm 4/30-5/28 5 \$75 ODRC

About Our Earth Art **NEW!**

Ages 3-5. Learn the basics of recycling and the ecosystem in this interactive, craft-based class. Students will have the opportunity to make crafts using recycled goods. Come prepared to get messy and engaged in the outdoors. Min 4/Max 8.

453614-01 W,Th 3-3:45pm 4/17-5/29 13 \$69 CHRC

Abrakadoodle Mini Doodlers

Ages 3-6. Develop creativity through carefully designed lessons that ignite imagination and develop skills. Using real artists' materials including watercolors, tempera paints, oil pastels, creative tools and more, children create masterpieces that are truly unique. Materials included. Instructor Abrakadoodle. Min 4/Max 12. No class 7/3.

452613-02 W 11:15am-12pm 4/24-6/12 8 \$165 CQRC

152613-01 Tu 11:15am-12pm 6/25-8/20 9 \$185 CHRC

152613-02 W 11:15am-12pm 6/26-8/21 9 \$185 CHRC

Saturday Art Blast **NEW!**

Ages 5-12. Have you ever drawn a picture to show how you are feeling? Children will have fun expressing creativity and emotions through painting, visualizing through collages, and expressing through clay and drawing. Children will be grouped by age. A \$15 non-refundable supply fee is included in the cost of the class. Min 4/Max 12.

453001-01 Sa 9:30-10:15am 4/6-4/27 4 \$85 NLRC

453001-02 Sa 10:30-11:15am 4/6-4/27 4 \$85 NLRC

First Friday: Family Art Night **+ADULT**

Ages 5 & up with adult. Do you love to create? Artists will guide you through a painting project. A unique memorable family art evening. No experience needed. Art supplies, pizza and soda provided. Register for medium preference - painting, mosaics or sculpture. Min 20/Max 50.

Painting

355202-09 F 6-9pm 6/7 1 \$9 ODRC

Mosaics

355202-10 F 6-9pm 6/7 1 \$9 ODRC

Sculpture

355202-11 F 6-9pm 6/7 1 \$9 ODRC

creative & performing arts

Young Potters

Ages 7-12. Students of all levels will learn to create hand-built pottery using various techniques such as slab construction, coil pots, extrude clay, pinch pots, and more.

Instructor Ms. Jewell. Min 6/Max 12.

453011-01 Sa 9:30-10:30am 4/13-5/18 6 \$49 MVRC



Learn to Make Jewelry **NEW!**

Ages 18 & up. Learn general jewelry making terminology and receive an introduction to the basic tools and materials. Utilize a bead board to design, determine size and length of jewelry item; work with memory wire; and properly finish each piece to achieve a professional look. Supplies are required for this class. Instructor Ms. Jewell. Min 6/Max 12.

453826-01 Sa 11am-12pm 5/4-6/8 6 \$49 MVRC

Writer's Workshop for Adults **NEW!**



Ages 18 & up. Instructor and National Book Finalist Shelia P. Moses will lead the Writer's Workshop for Adults. This class is focused on sharing work with the class, developing characters, first draft, revising, editing, publishing, how to find an agent and publisher. The workshop setting encourages students to think of themselves as writers, and to take their writing seriously. Min 8/Max 20.

455201-01 Sa 9:30am-4pm 4/6 1 \$75 ODRC

Artworks **TR**

Ages 18 & up. For participants with cognitive and developmental delays. Let your creative side shine through while using a variety of art mediums and learning new art skills. Because an assessment is required, online registration is not available. Please call 703.746.5422 for more information. Min 5/Max 12. No class 4/15, 4/22.



453000-01 M 3:30-5pm 4/1-4/29 3 \$19 NLRC

453000-02 M 3:30-5pm 5/6-5/20 3 \$19 NLRC

COOKING

Culinary Creations Through Improv **NEW!**

Ages 3-8. Young culinary students develop into the art of exploratory cooking combined with improv and theatrical storytelling. Children will make an allergy-friendly dish while participating in a fun storytelling adventure with the use of props and costumes. Instructor KidOvation Stage. Min 6/Max 12.

Ages 3-4

453616-01 F 9:30-10:30am 5/31-6/21 4 \$155 CHRC

Ages 6-8

453616-02 F 5:30-6:30pm 5/10-5/31 4 \$155 CHRC

Ticketed Programs



See pg. 44 for ticketed events



First Friday: Taste of Cinco de Mayo

Friday, May 3 • 6-9 p.m.

\$9 each, under 5 free. CKRC

Celebrate with Mexican music, dance and culinary delights from local restaurants.

Bagels and Bach

Sunday, April 7 • 11 a.m.-1:30 p.m.

Sunday, June 2 • 11 a.m.-1:30 p.m.

\$9 each, under 5 free. ODRC

Enjoy a light brunch to classical music performed by local musicians, including quartets, quintets and sextets.

Puppet Shows

Saturday, April 13 • 10 a.m. • 11:15 a.m.

Saturday, May 18 • 10 a.m. • 11:15 a.m.

Saturday, June 15 • 10 a.m. • 11:15 a.m.

Saturday, July 20 • 10 a.m. • 11:15 a.m.

Saturday, August 17 • 10 a.m. • 11:15 a.m.

All tickets; \$6 each. ODRC

Children of all ages will enjoy a puppet show presneted in collaboration with the National Capital Puppetry Guild.



TICKET INSTRUCTIONS

For information about upcoming events or to purchase tickets, follow these simple steps:

- 1) Visit www.alexandriava.gov/WebTrac
- 2) Select 'Ticket' from the Search menu
- 3) View all ticketed events or filter results by date or keyword
- 4) Use the shopping cart icon to purchase tickets with the option to continue as a guest.

Please note that all advanced ticket sales must be performed online using credit card or eCheck and all ticket sales are considered final. Tickets may be purchased at the door. Call 703.746.5565 for details.

Durant Arts Center

1605 Cameron St. • 703.746.5560
durantcenter@alexandriava.gov

Hours: M-F 5-10 pm
Sa-Su for rentals only



A multicultural center for the performing and visual arts, Durant Arts Center offers programs in music, dance theatre, and visual arts for people of all ages and cultural backgrounds. Call for more information about programs and renting space for rehearsals, meetings, and arts-focused classes. For information about the Office of the Arts, visit alexandriava.gov/Arts, or call 703.746.5565.

Celebrate National Poetry Month in the City of Alexandria



To learn how you can get involved in local poetry activities, e-mail: poet@alexandriava.gov, or call Cheryl Anne Colton, Regional Program Director, Office of the Arts, at 703.746-5565, or visit alexandriava.gov/Arts.

Arts in Alexandria City Galleries

2019 Living Legends of Alexandria

City Hall Lobby, 301 King St. • Monday-Friday, 8 am-5 pm

PTA Reflections Exhibition

Durant Arts Center • Through May 11, Monday-Friday, 5-10 pm
Mixed media art pieces, students throughout the City of Alexandria. PTA Reflections is a national K-12 arts contest. The exhibition showcases the Alexandria City level of the contest.

Artitude: Jefferson-Houston School Art Showcase
Durant Arts Center * June 4-August 31

Mixed media art pieces, students from Jefferson Houston School, K-12.

For additional information about the City Galleries program, or if you are a visual artist and want to exhibition your work, call the Office of the Arts at 703.746.5588 or email images (media and sizes) to durantcenter@alexandriava.gov.

Torpedo Factory Art Center

105 N. Union St. • 703.746.4570 **FREE ADMISSION**
torpedofactory@alexandriava.gov • torpedofactory.org

Hours: Su-W & F-Sa: 10 am-6 pm; Th: 10 am-9 pm

Founded in 1974 in a former naval munitions plant, the Torpedo Factory Art Center is home to America's largest colony of publicly accessible working-artist studios under one roof. Explore all three floors to find work by more than 165 local artists. Watch them at their craft, ask about their creative processes, and purchase original work for your collection.



Credit: Joe Gidjundis/JPG Photography

CONNECT @torpedofactory



#artsALX

UpCycle Creative Reuse Center

At UpCycle CRC, artistic creativity and conservation go hand in hand. UpCycle's visual arts programs integrate reclaimed materials and various arts media in exploratory art experiences and project work.

For more information about classes and camps, visit UpCycleCRC.org





Jerome “Buddie” Ford Nature Center alexandriava.gov/NatureCenter
5750 Sanger Ave. • 703.746.5559 • Hours: W-Sa 10 am-5 pm year-round; Su 1-5 pm April-October

FREE ADMISSION!

Dora Kelley Nature Park

- 50-acre wildlife sanctuary
- 1-mile paved trail along streams, wooded hills and marshland

Year-Round Exhibits

- Mary Anne Warner's 16' x 7' oil mural, “Wildlife of the Dora Kelley Nature Park”
- Mounted black bear, red fox, turkey & bobcat
- Exhibits on local geology, culture, insects, birds of prey and aerial maps
- Live turtles, snakes, toads, salamanders and more
- Greenhouse with a variety of fruit trees, herbs and flowers
- MicroEye interactive exhibit; view specimens up to 40x zoom

And Much More! Interpretive and outreach programs are available for birthday parties, school field trips and Boy/Girl Scout badge projects. Email nature.center@alexandriava.gov to request the free quarterly *Nature News Digital Newsletter*.

NATURE

Fledglings +ADULT

Ages 2-3 with adult. Led by a Naturalist, toddlers will participate in nature themed lessons. Each session features a new activity and outdoor exploration (weather permitting). Fee covers cost of all three sessions. Min 5/Max 12.

469801-01 F 10:30-11:15am 4/26, 5/17, 6/14 \$19 BFNC

Little Adventures

Ages 3-5. Children and their parents or caregivers are invited to explore the world of nature through a series of programs developed just for them. We'll play games, do crafts, hike through the forest, and much more! Siblings welcome. Fee covers cost of all three sessions. Min 5/Max 12.

469800-01 F 10:30-11:30am 4/5, 5/3, 6/7 \$29 BFNC

Green Craft Series: Soaps and Scrubs



All Ages. Create your own unique soaps and scrubs just in time for Mother's Day! Pamper your skin with natural moisturizers, pure essential oils, and organic herbs. Children under 8 must be accompanied by an adult. All materials are provided. Min 6/Max 16.

459800-01 Sa 1:30-3:30pm 5/11 1 \$9 BFNC

Insect Safari

Ages 5-8. Did you know that insects are the most abundant animals on Earth? Set out on an insect safari in the park to take a close look at these wonderful creepy-crawlies and learn about the many necessary benefits they provide to humans and wildlife. Min 5/Max 12.

469843-01 Sa 10:30am-12pm 6/29 1 \$5 BFNC

Family Fishing at Lake Cook

Ages 6-10. Catch the big one! The Naturalist staff will meet you at Lake Cook for a morning of fishing. Fishing poles and tackle provided as well as basic fishing lessons. Registration fee required for each child, and all children must be accompanied by at least one adult. Catch and release only. Min 6/Max 12.

469844-01 Sa 10am-12pm 6/15 1 \$9 BFNC



Summer Solstice Overnight

Ages 7-10. Kick off your summer in style with an overnight at the Nature Center! The night will include hikes, animal encounters, and other fun nature-oriented activities! In the morning, we'll go on a sunrise hike, followed by a light breakfast. Min 8/Max 16.

469845-01 F,Sa 7pm-8am 6/21-6/22 2 \$85 BFNC

After-school Nature Buddies

Ages 5-10. This nature-oriented after school program provides an excellent child to adult ratio with Naturalists! We will provide time for homework, study, nature hikes, live animal care and other nature-oriented activities! All program supplies and snacks included. \$350 per child, per month. Note: For siblings, there is a \$50 discount per child. Registration is still open and Installment Billing Payment Plans are available! At the time of check out, please select one of three payment options. Contact the Nature Center at 703.746.5525 for more information. Min 15/Max 30.

569805-01 M-F 2:30-6pm \$350/mo. BFNC



afterschool & out of school programs

SCHOOL IS OUT... LET THE FUN CONTINUE! Afterschool programs offer activities incorporating play, learning, cultural enrichment and positive social interaction.



2018-19 Power-Full Fun Days

Ages 6-12. (Kindergarten through Grade 6)

Designated recreation centers provide safe and supervised play activities on the days ACPS schools are closed. Youth enrolled in any Power-On program may attend at no additional cost, all other City youth may attend for a fee. Before Care is provided from 8-9am for an extra \$5 fee for all participants. All youth must bring a lunch; a snack will be provided.



M-F	9am-6pm	4/15-4/19	\$15/day	RC*
M	9am-6pm	4/22	\$15/day	RC*
F	9am-6pm	6/21	\$15/day	RC*

Dates and times subject to change based on ACPS calendar.

*Available only at Out of School Time sites located at Recreation Centers, including CBRC, CHRC, CKRC, MVRC, PHRC, WRRRC

Kids Day Out

Ages 5-15 for General Recreation and Ages 6-17 for Therapeutic Recreation participants. Get out and have fun with your friends on days when ACPS schools are closed! Engage in activities, including games, sports, arts & crafts, field trips and more. Before Care services are available. Min 25/Max 80.

403001-01	M	9am-6pm	4/22	1	\$29	NLRC
403001-02	F	9am-6pm	6/21	1	\$29	NLRC

Youth Achieving Greatness

Ages 5-15. Participants will be thoroughly engaged in structured enrichment activities to increase their learning, independence as well as their social, and leadership skills in a small group setting (1:15 staff to participant ration). This specialized program will be FUN with a PURPOSE which integrates a variety of activities such as tutoring, physical fitness, cooking, chess, gymnastics, music, performing arts, cooperative games and much more! Min 30/Max 125. No class 4/15-4/19, 4/22, 5/27.

443900-01	M-F	2:35-6pm	4/1-6/20	52	\$379	NLRC
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TR Achieving Greatness **TR**

Ages 6-17. Therapeutic Recreation participants only. Are you looking for a program that will help your child develop important life skills, increase confidence, build social skills and lasting friendships? Participants will engage in structured enrichment activities in a safe and welcoming environment.



Online registration is not available. Please contact the Therapeutic Recreation office to get more information at 703.746.5422. Min 12/Max 24. No class 4/15-4/19, 4/22, 5/27.

443001-01	M-F	2:35-6pm	4/1-4/30	16	\$149	NLRC
443001-02	M-F	2:35-6pm	5/1-5/31	22	\$149	NLRC
443001-03	M-F	2:35-6pm	6/3-6/20	14	\$149	NLRC

ESP - Extended Service Program **NEW!**

Ages 5-18. Need additional time in the evenings? Participants enrolled in the TR Achieving Greatness and Youth Achieving Greatness programs will participate in structured recreational activities for an extended time after programs end at 6pm. Min 7/Max 30. No class 4/15-4/19, 4/22, 5/27.

403004-01	M-F	6-7pm	4/1-6/20	52	\$209	NLRC
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2019-20 School Year Power-On

Ages 6-12 (Kindergarten through Grade 6)

Join us for an Epic Adventure this school year! Discover creative and performing arts, traditional recreation activities, sports, health and fitness, field trips, holiday and family events and more! Participants are encouraged to develop a sense of camaraderie and an understanding of teamwork!



Registration begins 7/3/19. Open to City of Alexandria residents only. Holidays and registration maximum and minimum vary by location. Program meets 2:30-6pm when ACPS schools are open at the following locations:

Ages 6-12: JAES, DMES, CBRC, CHRC, CKRC, FDES, MVRC, PHRC, WRRRC

Safe Place & Bully Free Starts With Me!

Alexandria National Safe Place - A Safe Haven For Youth

Safe Place is a national youth outreach program, which brings together several City agencies to provide immediate help and safety for young people facing abuse, neglect, bullying or other crisis situations. All neighborhood recreation centers and fire houses in Alexandria are Safe Place sites. For more information, contact the Alexandria Safe Place Office at 703.746.5400. For help, text the word SAFE and your current location (address/city/state) to 69866 or 4HELP (44357).



Bully Free Starts With Me

Nearly 40 percent of Alexandria middle school students and 15 percent of high school students report being bullied on school property. The goal of the Mayor's Campaign to End Bullying is to increase awareness about the effects of bullying and to prevent bullying among Alexandria's youth. For information, visit alexandriava.gov/EndBullying.

community activities

WHAT'S HAPPENING? Stay in the know with our new selection of trips and activities. There's fun for the whole family!



COMMUNITY EVENTS

Mother Daughter Spa Day

Ages 5 & up with adult. Make Mother's Day memorable. Grab your favorite little girl and come out for an afternoon of spa treatments. Moms and daughters will enjoy great food, facials, massages and manicures. Fee covers both mother and daughter. Min 10/Max 75.

483814-01 Sa 1-3:30pm 5/4 1 \$25 MVRC

Youth Prom

Ages 5-12. Youth and parents will have a great time with family and friends at this annual semi-formal event. There will be a live DJ, food and formal photos. This event is open to City of Alexandria residents. Min 75/Max 200.

183812-01 F 6-8:30pm 6/7 1 \$9 MVRC

Hand Dance Social

Ages 18 & up. DC Hand Dance is an improvisational form of swing style partner dancing developed in the Washington, DC area in the early 1950s by African Americans as a form of recreation and entertainment. Evolved from the early Lindy Hop and Jitterbug dance styles, Hand Dance is rooted in the floor version of swing. Min 50/Max 300.

453816-01 F 7-11pm 5/17 1 \$9 MVRC

Senior 4th of July Picnic 55+

Ages 55 & up. Celebrate the holiday weekend with everything picnics are made of – food, fun and friends! Play board games, win prizes, enjoy live entertainment and best of all, a classic summer BBQ! Min 20/Max 150.

183817-01 Sa 1-3pm 6/29 1 Free MVRC

Dog Day Easter Egg Hunt NEW!

All Ages. Dogs and owners will meet up to walk over to Founders Park for an egg hunt. Awards will be given for best dressed pup, most eggs found and most creative costume. Min 25/Max 150.

483622-01 Sa 10am-2pm 4/20 1 \$5 CHRC

RecFest DROP-IN

All Ages. Wish you could test out a program before signing up? Here's your chance! Bring the whole family to participate in class demonstrations, meet instructors and learn about new and upcoming programs.



Sa 10am-2pm 5/4 1 Free ABPK

Tot Rock Festival DROP-IN

All Ages. This free event will provide music performances and instruction to infants, toddlers and children in our community who might not otherwise be exposed to music education. Special guest performers will include the Rainbow Rock Band, Mr. Jon Music, Uncle Devin, Groovy Nate and the Great Zucchini.

Sa 9am-1pm 5/11 1 Free MVRC

Chick Armstrong Community Day DROP-IN

All Ages. This is an annual fun-filled event for the entire family to enjoy. There will be plenty of activities, arts & crafts, food, vendors, community resources information, and more!

Sa 12-4pm 6/15 1 Free CKRC

Annual Dog Swims

All Ages. Celebrate the end of summer with a free dog swim, activities and demonstrations for small dogs (under 25 lbs.) or big dogs (25 lbs. or more). Free, ticket required.

Itty Bitty Doggie Dive, under 25 lbs.

F 4-7pm 9/20 1 Free CHRC

Big Dog Day Swim, 25lbs. or more

Sa 10am-12:45pm 9/21 1 Free OTPL

COMMUNITY ACTIVITIES

Family Gladiator Explosion NEW!

Ages 5 & up. Parents, team up and play alongside of your child as you compete with other families in games and activities. Make it through the gladiator obstacle course without being tagged by the staff gladiators to ring the bell of victory. Min 10/Max 200.

414006-01 F 6-8:30pm 4/26 1 \$15 PHRC

Father's Day Family Kick Ball NEW!

Ages 5 & up. Families will enjoy fun-filled games of kickball games followed by a community-building cookout. Min 25/Max 120.

183818-01 Sa 12-3:30pm 6/15 1 \$25 MVRC

Parents Night Out

Ages 5-12. Kid free evening, anyone? Want to get away for a few hours and enjoy some adult time with friends. Parents can drop their child off for an evening of fun, games, crafts, and more, in a structured and friendly environment. A light dinner will be served, if your child has any special dietary restrictions, please send a light meal with them. Registration is required. Min 10/Max 60.

483500-01 Sa 6-9pm 4/27 1 \$25 CBRC

483500-02 Sa 6:00-9:00pm 6/15 1 \$25 CBRC

Daddy/Daughter Hair Lessons

Ages 5-14 with adult. It's about the bond, not about the braid! Dads and daughters join us for this wonderful class to learn about brushing hair, de-tangling, maintenance, basic braids and hair styles that work well to keep hair out of your girl's face, all while encouraging a healthy father daughter relationship. All styling is taught by T.C. Williams High School Cosmetology program students and all supplies are provided. Min 5/Max 10.

482601-01 Th 6-7:30pm 5/16 1 \$15 TCHS

Father & Son Wacky Olympics **NEW!**

Ages 5-11. Enjoy the Olympic spirit with your son. Fathers and sons will team up to complete field day style obstacle courses, races and games. Teams will earn points for each activity they participate in to compete to win a trophy. Multiple siblings may register and participate. Light refreshments will be provided. Min 16/Max 30.

113613-01	Sa	1-3pm	6/15	1	\$25	PYPK
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Nerf The Turf

Ages 7-12. More than a battle with foam darts, kids develop teamwork problem solving and sportsmanship skills. Bring your gear and equipment and we will supply the ammo. Work together within groups to put strategies into practice as your team builds barriers, forts and obstacles. In the event of rain this program will be held indoors. Min 6/Max 30.

483505-04	F	6:30-8:30pm	4/5	1	\$15	CBRC
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483505-05	F	6:30-8:30pm	5/3	1	\$15	CBRC
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P. E. Day for Adults **NEW!**

Ages 18 & up. Get your friends ready, set, and go to Alexandria's first Skip Day for adults. Why should kids have all the fun? This physical health day is packed with tons of fun and challenges. Join us for a friendly competition of fun and wacky races. No field day is complete without tug of war, relay races, and much more! Earn a trophy and bragging rights, but most importantly, have fun. Social hour will immediately follow at a local restaurant. BYOM (Bring Your Own Money). Min 12/Max 36.

183623-01	F	1-3pm	6/7	1	\$25	WRFD
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Balanced Money, Balanced Life **NEW!**

Ages 18 & up. If one of your goals is to get your finances in shape ... we're here to help! Experts estimate that most American consumers waste 20% to 30% of their money due to poor spending habits and lack of planning. Join Commonwealth One's Financial Education Coordinator for help developing a personal action plan for getting your budget under control. Learn how to create a spending plan, set realistic goals, and ways to track spending and more! Min 5/Max 20.

143609-01	Tu	6-7pm	7/23	1	Free	CHRC
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Homebuying 101 **NEW!**

Ages 18 & up. If you're thinking of purchasing a home, you'll want to attend this seminar to discuss the home buying process - from start to finish. Plus, receive helpful tips to ensure you go into the process with your eyes wide open and end up a happy homeowner! Instructor LauRae D. Upchurch. Min 5/Max 20.

443699-01	Tu	6-7pm	6/18	1	Free	CHRC
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Karaoke Friday Night Splash **NEW!**

Ages 18 & up. Enjoy a relaxing night at the pool karaoke style! Sing your favorite songs with neighbors, family and friends. Light refreshments will be served. It's your time to shine at Karaoke Night! Come show us what you got! Min 20/Max 45.

133601-01	F	8-10:30pm	7/19	1	\$5	CHRC
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Four Mile Run Bike Ride

All Ages. Join us for a social and recreational ride along some of the area's most scenic bike routes while coasting along the Four Mile Run Bike trail. This bike outing end with a light lunch at the center. Min 10/Max 25.

183703-01	Sa	9am-12pm	8/17	1	\$5	CKRC
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Family Fun Swim Night **NEW!**

All Ages. Looking for a fun and new way to bond with your family? Join in a fabulous night of snow cones, popcorn, and a great cinema! Settle down on the grass or float in the pool with a movie. Inflatables, floaties, and life jackets are NOT permitted. Swim noodles and dive sticks are OK. Adult supervision is required for all minors. Min 20/Max 45.

133600-01	Sa	8-10:30pm	6/1	1	\$5	CHRC
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133600-02	Sa	8-10:30pm	7/20	1	\$5	CHRC
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133600-03	Sa	8-10:30pm	8/10	1	\$5	CHRC
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Family Fitness Exploration **NEW!** **DROP-IN**

All Ages. Engage in a variety of physical fitness and sporting activities, receive information from health, wellness and fitness providers and participate in presentations about family health, diabetes and obesity.

F	6-8:30pm	5/17	1	Free	PHRC
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Family Cosmic Skate Night

All Ages. Flashing lights! Blasting tunes! Put on your skates and zoom zoom zoom! Families can use skates from the center or bring their own skates to enjoy an exciting evening of family friendly activities. \$5 per person or \$15 per family of 4. Min 30/Max 70.

283709-01	F	6:30-9pm	4/19	1	\$5	CKRC
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283709-02	F	6:30-9:30pm	7/19	1	\$5	CKRC
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**Community Family Picnic** **DROP-IN**

All Ages. What's more fun than gathering with friends, family and fellow Alexandrians to enjoy an evening of activities and entertainment in the park while learning about center programs and activities? Min 50/Max 150.

F	6-8:30pm	7/5	1	Free	CKRC
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TRIPS

National Aquarium Field Trip **NEW!**

Ages 7-12. Explore the exhibits alongside our naturalists as we see sharks, jellyfish, sea turtles, and dolphins up close. You'll learn about the aquarium's latest conservation efforts and discover how you can help our oceans. Travel, admission, snacks and lunch are included. Bring a refillable water bottle and wear comfortable shoes. Min 6/Max 12.

189800-01	M	7:30am-4pm	7/29	1	\$125	BFNC
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**Seniors Cruise Outing** **55+**

Ages 55 & up. Celebrate Senior Citizen Month in May on the Spirit of Washington's Spirit Cruise. Seniors will cruise on the Potomac River and enjoy spectacular sightseeing, lunch and live entertainment. Min 25/Max 45.

483703-01	F	11am-4:30pm	5/17	1	\$55	CKRC
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APRIL

12

Night of Stars Performing Arts Festival presented by City of Alexandria

7-9pm · Lee Center Kauffman Auditorium, 1108 Jefferson St. · Harold Little: 703.746.5446 or harold.little@alexandriava.gov



27

Alexandria Earth Day presented by City of Alexandria

10am-2pm · Lenny Harris Memorial Fields at Braddock Park, 1005 Mt. Vernon Ave.
Special Events Hotline: 703.746.5592 or alexandriava.gov/earthday



27

Project Discovery Walkathon presented by City of Alexandria

7:30am-2pm · Fort Ward Park, 4301 Braddock Rd. · Kim Hurley: 703.746.3121 or kim.hurley@alexandriava.gov

28

Alexandria Spring Cheerleading Invitational

presented by City of Alexandria

2-5pm · T.C. Williams High School, 3330 King St. · Tamika Coleman: 703.746.5408 or tamika.coleman@alexandriava.gov



MAY

2

Days of Remembrance presented by City of Alexandria

12-1pm · Market Square, 301 King St. · Special Events Hotline: 703.746.5592

4

RecFest presented by City of Alexandria

10am-2pm · Armistead L. Boothe Park, 520 Cameron Station Blvd.
Glen Harriott: 703.746.5557 or gladstone.harriott@alexandriava.gov



17

Bike to Work Day presented by City of Alexandria

5:30-11am · Market Square, 301 King St. · Thomas Hamed: 703.746.4084 or thomas.hamed@alexandriava.gov

27

42nd Annual Memorial Day Jazz Festival

presented by City of Alexandria

1-6pm · Waterfront Park, 1A Prince St.
Special Events Hotline: 703.746.5592 or alexandriava.gov/Recreation



WHAT'S HAPPENING *in your neighborhood?*

For a complete list of events taking place throughout the City of Alexandria, visit alexandriava.gov/Calendar. View the Calendar of Events by upcoming events or search by date, department, location or category tag.



Advanced online ticket sales available.
See page 38 for details.

JUNE

1

Youth Arts Festival

presented by Alexandria Redevelopment and Housing Authority

12-4pm · Mount Vernon Recreation Center, 2701 Commonwealth Ave.
Margaret Orlando: 703.746.5429 or margaret.orlando@alexandriava.gov

1

74th D-Day Commemoration

presented by Alexandria-Caen Sister City Committee

10am-2pm · Waterfront Park, 1 King St. · Dean DeGood: 703.459.7717 or dean@doggywalker.com

8

Civil War Camp Day

presented by City of Alexandria

10am-4pm · Fort Ward Park, 4301 Braddock Rd. · Susan Cumbey: 703.746.4848 or susan.cumbey@alexandriava.gov

24-28

Civil War Kids Mini Camp

presented by City of Alexandria

9am-1pm · Fort Ward Park, 4301 Braddock Rd. · Susan Cumbey: 703.746.4848 or susan.cumbey@alexandriava.gov



Youth Arts Festival

JULY

13

243rd Annual USA / 270th Alexandria Birthday Celebration

presented by City of Alexandria

7-10pm · Oronoco Bay Park, 100 Madison St. · Fireworks Rain Date: July 8
Special Events Hotline: 703.746.5592 or alexandriava.gov/Recreation

20

Tons of Trucks

presented by City of Alexandria

10am-1pm · Chinquapin Park, 3210 King St. · Lindsay Burneson: 703.746.5457 or lindsay.burneson@alexandriava.gov



Alexandria
Birthday
Celebration



SPRING & SUMMER CONCERT SERIES

Dates to be announced soon!

Visit alexandriava.gov/Concerts or call the Special Events Hotline at 703.746.5592.



Sponsorship Opportunities

The aim of the sponsorship program is to provide an enabling environment for the City to generate revenue to offset cost by way of partnerships with the corporate community. Our goal is to remain responsive to the public's needs and values to cover cost towards major city sponsored events. Contact Events & Public Space Activations at 703.746.5418 to learn how you can make a difference!

Looking for Talent

Events & Public Space Activations is seeking talented individuals and groups to perform at concerts and special events throughout the year. Scheduling begins in January. Email an electronic press kit to RPCASpecialEvents@alexandriava.gov or mail a promotional packet with CD to RPCA Events & Public Space Activations, 1108 Jefferson St., Alexandria, VA 22314. For more information, call the Events Hotline at 703.746.5592 or 703.746.5418.

registration information

3 EASY WAYS TO REGISTER!

Registration for Alexandria residents begins **Wednesday, March 13 at 9 am**
Nonresident registration begins **Friday, March 15 at 9 am**



Web

- Payment by credit card (Visa/MC) or eCheck
- Visit alexandriava.gov/Recreation
- For login information, call 703.746.5414 or email registerARPCA@alexandriava.gov



Drop Off

Lee Center, 1108 Jefferson St.
Drop off registrations, regardless of the date and time received, will be retrieved for processing on opening day of registration. Drop off registration does not guarantee class/program enrollment.



Mail-In

- Lee Center, 1108 Jefferson St., Alexandria, VA 22314
- Mail completed Registration Form to address above.
- Make checks payable to pages "City of Alexandria."
- Mail registration takes up to five (5) business days to process.

Accommodations: City of Alexandria programs, services and facilities are available to all citizens regardless of race, color, national origin, sex, age or disability. The City of Alexandria complies with the Americans with Disabilities Act for qualified individuals. To make an ADA accommodation request, please call 703.746.4343 or VA Relay 711 two weeks prior to an event, activity or registration deadline. If you need assistance with making your request or have questions about types of accommodations, please call the Therapeutic Recreation Office at 703.746.5422 or VA Relay 711. The City of Alexandria Department of Recreation, Parks and Cultural Activities shall endeavor to meet requests for written material in alternative formats, including braille, within ten days of the request.

Cancellations: Classes that have not met the minimum number of enrollees are cancelled approximately one week before the start date. Participants are notified of cancelled classes by phone or email.

Class Size: The minimum and maximum number of participants is based on one instructor. Class size may be increased when instructors are added.

Confirmation: Non web registrants receive a confirmation receipt by mail. If you do not receive a confirmation in the mail, please call to confirm receipt of registration.

Drop-off Registrations: Registration forms left in the drop box at the Lee Center require up to five (5) business days for processing.

Fees: All fees must be paid in full and are due at the time of registration. Partial payment does not reserve enrollment. All personalized checks and money orders are payable to the "City of Alexandria." You may use one form and check for family registrations. Fees are subject to change without notice.

Refund/Credit Policy:

Registrants may request a refund or household credit for programs in writing to the Lee Center, 1108 Jefferson St., Alexandria, VA 22314 or by emailing registerarpc@alexandriava.gov based on the following criteria:

- Full credits are processed for activities cancelled by the department. If a refund is preferred, please let us know.
- Registrants dissatisfied with a class/program are encouraged to contact RPCA as soon as

possible so that we can make it right. If we are unable to correct the issue, a credit or refund may be issued.

- Registrants unable to attend a program due to relocation, schedule conflict, sickness or injury may request a credit or refund.
- Credits will remain on a household account for no more than 90 days. Credits older than 90 days will be processed as a refund back to the customer.
- Adult league fees are non-refundable.

Fee Assistance: To view the policy and access the Financial Assistance request form, visit alexandriava.gov/12288

Inclement Weather: To view the policy, visit alexandriava.gov/Recreation

Nonresident Fee: A fee of \$35 per person, in addition to the class fee, is required for all class sections. This fee is non-refundable except when class/activity is canceled by the Recreation, Parks & Cultural Activities Department.

Recreation Center ID Policy: Proof of residency is required to register at neighborhood recreation centers. All participants who are 13 years of age or older are required to have a recreation center photo identification (initial ID card provided free of charge) to gain entrance to neighborhood recreation centers. ID cards are good for one year (July to June) and verification of residency is required to renew each year. A \$5 fee will be charged to replace lost ID cards. Acceptable forms of identification to verify City residency include:

1. Current VA driver's license with current utility bill;
2. Current picture ID along with a current lease, City issued document or utility bill; or
3. Current Alexandria School ID (students) and verification of parent's residency. Parents residency may be verified as stated above.

Release: Participants in activities sponsored or cosponsored by the Department of Recreation, Parks and Cultural Activities consent to the City's use of any photograph, film or videotape of the activity in any marketing or promotional material.

Senior Discount: City residents 55 and older receive a 20% discount automatically with web registration for all classes.

Therapeutic Recreation: Participants are required to have an Individualized Education Plan (IEP) or 504 Plan. All programs require an initial assessment and eligibility approval prior to participation in programs. To register, call 703.746.5422.

Wait List: If a class is full, a wait list is generated and individuals on the wait list will be contacted if space becomes available.

Waiver: Fees, programs and hours subject to change. Visit alexandriava.gov/Recreation or call 703.746.4343 for additional information.

Questions? Call 703.746.5414 (M-F 9 am-7 pm),
VA Relay 711 or email registerarpc@alexandriava.gov

Questions? Call 703.746.5414 (M-F 9 am-7 pm),
VA Relay 711 or email registerarpc@alexandriava.gov

1 HOUSEHOLD INFORMATION - PLEASE PRINT *Required Information. Refund Policy included in registration information on previous page.

* Name of Head of Household (First/ Last) _____ Check if change of ☐ Address ☐ Phone ☐ Email - Effective Date _____

* Address _____ *City, State, Zip _____

* Home Phone _____ Work Phone _____ Cell Phone _____

* Head of Household Birthday / / *Male/ Female? (Circle) Email Address _____

2 ACTIVITY REGISTRATION (Please fill out completely. Attach an additional sheet if necessary)

Participant's Name

Joey Sample	M	1/2/15	Lil Yogis	412606-01	4/25/19	\$105

REGISTRATION DEADLINE - Classes that have not met the minimum number of enrollees are cancelled approximately one week before the start date. Participants are notified of cancelled classes by phone or email and given a credit unless a refund or transfer is requested. Please allow 3-4 weeks for refund.

Make checks payable to “City of Alexandria”

3 PLEASE READ AND SIGN BELOW:

Hold Harmless Agreement: In consideration of the City of Alexandria, Department of Recreation, Parks and Cultural Activities, conducting various programs and allowing the above to participate in such programs, the undersigned realizing the risk of injury attendant to such programs, does hereby and forever discharge the City of Alexandria, Department of Recreation , Parks and Cultural Activities and its officers, agents, and employees from any and all action, claims or liability resulting from or arising out of or based upon any bodily injury or property damage which may be sustained by the undersigned or the undersigned's child while participating in such programs.

Signature required of adult participant, parent or guardian of child

UNSIGNED REGISTRATION FORMS ARE RETURNED AND MAY AFFECT REGISTRATION IN CLASS

FEE ASSISTANCE PROGRAM FOR CITY RESIDENTS

The Department of Recreation, Parks and Cultural Activities encourages participation in City programs from all City residents. If you, a member of your family or a friend would like to participate in programs or activities sponsored by this department and are in need of fee assistance in order to participate, please contact the sponsoring program office for more detailed information at least two weeks in advance. For general information, please call 703.746.4343 or use VA Relay 711.

4 REGISTRATION METHOD

Mail-In or Drop-Off:
Registration & Reservations/Lee Center
1108 Jefferson St., Alexandria, VA 22314

Web:
alexandriava.gov/Recreation

Questions?

Call 703.746.5414
Email registerARPCA@alexandriava.gov

For Office Use Only:

Check #:	Amt:
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Date Received: _____ Staff: _____

registration information

AGES 55 & UP



See the Fun Finder Index on pages 20-22 for a listing of recreation opportunities for ages 55 and up or look for the **55+** icon throughout this program guide. To subscribe to receive the Power Plus Brochure of all programs and services for ages 55 and up, call 703.746.5431.

POWER PLUS PARTNERS

Northern Virginia Senior Olympics

The 2019 Olympics will be held on September 14-25 at 17 venues sponsored by Alexandria, Arlington, Fairfax, Falls Church, Fauquier, Loudoun and Prince William. Over 800 adults ages 50 to 100+ years of age competed in more than 50 events including track, swimming, golf, bowling, line dancing, cycling, pickleball, bridge, scrabble, table tennis, and many more. For information visit the NVSO website, www.nvso.us.

Successful Aging Committee is a collaborate group providing several City-wide activities for older adults of Alexandria. Watch for registration information on Fall and Spring Robust Walkathons, Dance for All Ages and the Senior Health & Fitness Fair. For more information, call 703.746.5676.

Department of Community & Human Services' Division of Aging & Adult Services offers a variety of programs to residents ages 60 and over including transportation, an adult day health care facility, home visits and case management, home delivered meals, health insurance counseling and volunteer opportunities. For more information call 703.746.5999.

Senior Centers provide programs and meals to adults age sixty and over who are cognitively aware and physically independent. Recreation opportunities include leisure activities, sharing groups, exercise classes, wellness, nutrition, consumer education seminars, shopping and cultural trips.

The Senior Center at Charles Houston, 703.746.5456

St. Martin de Porres Senior Center, 703.751.2766

The Alexandria Adult Day Services Center is a daytime program for older adults with physical and/or cognitive limitations. Therapeutic recreation programs and leisure activities are available to participants to help increase their physical, mental, emotional and social abilities.

Adult Day Services Center, 703.746.5676

Senior Services of Alexandria (SSA) is a non-profit organization that has as its mission, "to foster independence and self-sufficiency, enabling seniors within the City of Alexandria to age with dignity." SSA operates the Meals on Wheels delivery program and DOT transportation reservations for the City, presents educational programs through various events, a speaker series, and a monthly cable television production, Senior Living in Alexandria. SSA and the Animal Welfare League of Alexandria operate the Animeals on Wheels program, providing food for pets of low-income seniors. SSA's Friendly Visitor Program matches volunteers with seniors for weekly visits, enhancing connections to the community. If you would like to join the effort to enhance the lives of seniors in our community, please contact SSA at admin@seniorservicesalex.org by calling Executive Director Mary Lee Anderson at 703.836.4414 or visit www.SeniorServicesAlex.org.



Connect With Us

Scan the QR codes below with any mobile reader for quick access to the latest news, events, information and conversations with the Department of Recreation, Parks & Cultural Activities.

alexandriava.gov/Recreation



Visit us
online

facebook.com/RPCAAlexandriaVA

Like us on
Facebook



Follow us
on Twitter

twitter.com/RPCA_AlexVA




Sign up
for eNews

alexandriava.gov/eNews

INDIVIDUALS WITH DISABILITIES

Therapeutic Recreation 1108 Jefferson St. 703.746.5422 VA Relay 711

Department of Recreation, Parks & Cultural Activities is committed to providing innovative, inclusive, accessible and affordable programs which enhance the health, well-being, and quality of life for Alexandria residents with all abilities.

Look for the  icon throughout this guide for programs designed for individuals with disabilities.

Please contact the Therapeutic Recreation office at 703.746.5422 for more information and to determine whether Therapeutic Recreation programs are right for you or a family member. Participants are required to have an Individualized Education Plan (IEP) or 504 Plan. All programs require an initial assessment and eligibility approval by Therapeutic Recreation staff prior to participation in programs.

GET INVOLVED

City of Alexandria Department of Recreation, Parks and Cultural Activities provides many ways to be active and connect with neighbors. Help shape your community by volunteering. A wide variety of opportunities are available throughout the year, including:

- Advisory Councils:
 - Charles Barrett Recreation Center
 - Charles Houston Recreation Center
 - Chinquapin Park Recreation Center & Aquatics Facility
 - Cora Kelly Recreation Center
 - Mount Vernon Recreation Center
 - William Ramsay Recreation Center
 - Youth Sports
 - Therapeutic Recreation
- Youth Sports Coaches
- Therapeutic Recreation Aide
- Program Support
- Greeter
- Administrative Support
- Park Clean-up and Planting
- Special Event Support
- and more!

For available opportunities, select the link at alexandriava.gov/Volunteer.

Virginia Cooperative Extension puts university knowledge into the hands of people.

With the research and leadership of Virginia Tech and Virginia State University, and support from outstanding citizen volunteers, we provide information, education and tools you can use every day to improve your life. Services are offered in: 4-H Youth Development, Agricultural & Natural Resources and Family & Consumer Sciences. Educational and volunteer opportunities are always available.

Please contact the Alexandria Cooperative Extension Office at 703.746.5546 for more information.

Algo Para Cada Quien

El Departamento de Recreación, Parques y Actividades Culturales, tiene algo para cada quien...en tu vecindario!

Programas y actividades están disponibles para todas las edades, incluyendo Clases de Natación, Campamentos, Ejercicios & Buena Forma, Ligas Deportivas, Creatividad & Desempeño Artístico, Eventos Especiales, Educación Ambiental, Clases de Enriquecimiento, Programas de Tareas Dirigidas, Recreación Terapéutica, Actividades Comunitarias & Eventos, Programas para mayores de 55 y más.



La Ciudad de Alexandria opera 11 centros comunitarios incluyendo un centro de arte, instalaciones acuáticas y un centro natural. Los Centros Recreativos Vecinales contienen una variedad de comodidades que incluyen salones de gimnasio para adultos, áreas de juego para niños, canchas de racquetball, salón de arte & manualidades y salones de juegos. Espacios están disponibles para renta y una variedad de paquetes de fiestas están disponibles. Para más información sobre centros comunitarios, comodidades y horas de operaciones, ver página 56.

La Ciudad posee y maneja 500 acres of parques, incluyendo espacios abiertos, parques para perros, campos deportivos, canchas externas, patios de recreo, vías para caminar y andar en bicicleta, la Marina de la Ciudad y el hermoso waterfront. Ver en página 30 el mapa de parques y centros comunitarios. Visite alexandriava.gov/ParkLink para orientación y un interactivo mapa de parques e instalaciones.

Adicionalmente, el Departamento coordina patrocinios de la Ciudad y eventos privados y maneja el fondo de arte y las Galerías de la Ciudad.



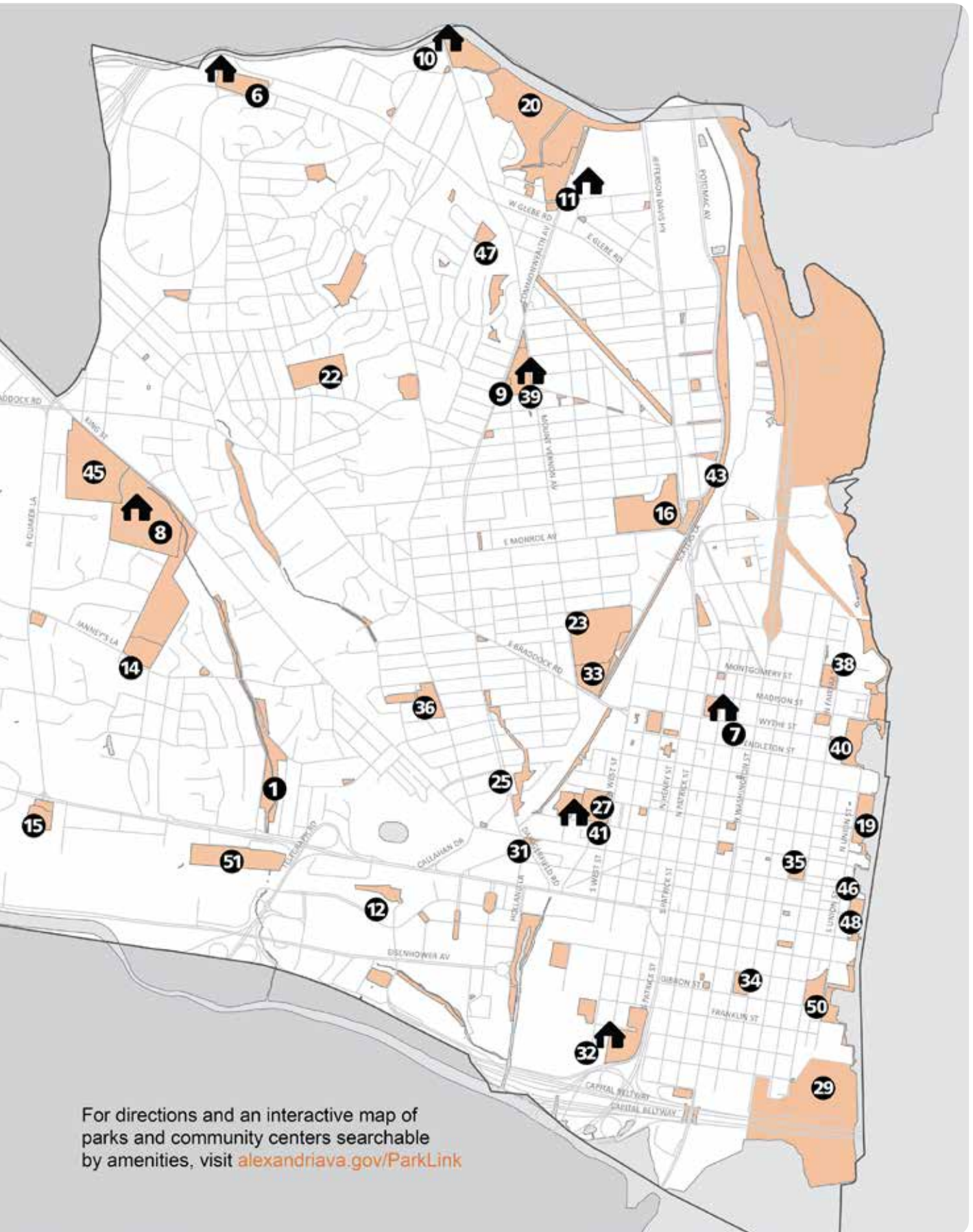
Para registrarse para programas o hacer reservaciones para picnic o uso de instalaciones, visite alexandriava.gov/Recreation o contacte la oficina de registraciones y reservaciones de Lunes a Viernes de 9:00am a 7:00pm por el teléfono 703.746.5414 o en persona al Lee Center, 1108 Jefferson St. Se habla español!

Visite alexandriava.gov/Recreation para mas información.

parks & facilities













parks & facilities











































































































For directions and an interactive map of parks and community centers searchable by amenities, visit alexandriava.gov/ParkLink

programmed parks & facilities

1	Angel Park 201 West Taylor Run Parkway	   
2	Armistead L. Boothe Park 520 Cameron Station Blvd.	       
3	Ben Brenman Park 4800 Brenman Park Dr.	           
4	Cameron Run Regional Park/Lake Cook (NOVA Parks) 3699 Eisenhower Ave.	     
5	Chambliss Park 2505 N. Chambliss St.	     
6	Charles Barrett School & Recreation Center 1115 Martha Custis Dr.	     
7	Charles Houston Recreation Center 901 Wythe St. <i>Pool Seasonal</i>	    
8	Chinquapin Park Recreation Center & Aquatics Facility / Forest Park 3210 King St.	             
9	Colasanto Center 2704 Mt. Vernon Ave.	  
10	Conservatory Center at Four Mile Run Park 4109 Mt. Vernon Ave.	   
11	Cora Kelly School & Leonard "Chick" Armstrong Recreation Center 25 W. Reed Ave.	    
12	Dog Park at Carlyle 450 Andrews Ln.	 
13	Dora Kelley Nature Park 5750 Sanger Ave. Jerome "Buddie" Ford Nature Center	   
14	Douglas MacArthur School 1101 Janney's Ln.	    
15	Eugene Luckett Field 3540 Wheeler Ave. Schuyler Hamilton Jones Skateboard Park	   
16	Eugene Simpson Stadium Park 426 E. Monroe Ave.	        
17	Ewald Park 4452 & 4500 Duke St.	    
18	Fort Ward Park 4301 W. Braddock Rd. Fort Ward Athletic Facility 4421 W. Braddock Rd.	             
19	Founders Park 351 N. Union St.	             
20	Four Mile Run Park 3700 Commonwealth Ave.	             
21	Francis C. Hammond Middle School 4646 Seminary Rd.	   
22	George Mason Elementary School 2601 Cameron Mills Rd.	       
23	George Washington School and Park 1005 Mt. Vernon Ave.	     
24	Holmes Run Park System Holmes Run Pkwy. Tarleton Park S. Jensen St.	    
25	Hooff's Run Park and Greenway 18 A E. Linden St.	             
26	James K. Polk School 5000 Polk Ave.	    
27	Jefferson Houston Elementary School 1501 Cameron St.	   
28	John Adams Elementary School & Recreation Center 5651 Rayburn Ave.	     

Visit alexandriava.gov/ParkLink to see all City of Alexandria parks and amenities.
See page 55 for event sites and information about hosting special events.

programmed parks & facilities

29	Jones Point Park (National Park Service) 100 Jones Point Dr.	   
30	Joseph Hensley Park 4200 Eisenhower Ave.	  
31	King Street Gardens Park 1806 King St.	  
32	Lee Center & Nannie J. Lee Recreation Center 1108 Jefferson St.	       
33	Lenny Harris Memorial Fields at Braddock Park 1005 Mt. Vernon Ave.	  
34	Lyles Crouch Elementary School 530 S. Saint Asaph St.	  
35	Market Square 301 King St.	 
36	Maury School 600 Russell Rd.	   
37	Minnie Howard Field & School 3701 W. Braddock Rd.	       
38	Montgomery Park 901 N. Royal St.	     
39	Mt. Vernon Elementary School & Recreation Center 2701 Commonwealth Ave.	     
40	Oronoco Bay Park 100 Madison St.	     
41	Oswald Durant Arts Center 1605 Cameron St. Old Town Pool Seasonal 1609 Cameron St.	     
42	Patrick Henry Elementary School 4643 Taney Ave. Patrick Henry Recreation Center 4653 Taney Ave.	 
43	Potomac Yard Park 2051 Potomac Ave.	     
44	Stevenson Park 300 Stultz Rd.	    
45	T.C. Williams High School 3330 King St.	    
46	Torpedo Factory Plaza , 105 N. Union St. City Marina , 0 Cameron St.	 
47	Warwick Pool Seasonal 3301 Landover St.	  
48	Waterfront Park 1A Prince St.	 
49	William Ramsay Elementary School & Recreation Center 5700 & 5650 Sanger Ave.	       
50	Windmill Hill Park 501 S. Union St.	      
51	Witter Recreational Fields 2700 Witter Dr.	 

LEGEND

 Basketball	 Fenced Dog Area	 Playing Fields	 Unfenced Dog Area*
 Benches	 Parking	 Running Track	 Volleyball
 Center	 Performance Space	 Skateboard area	 Walking Trail
 Community Garden	 Picnic Area	 Swimming	 Waterfront
 Farmer's Market Location	 Playground	 Tennis Courts	 Available for rental

*Unfenced sites are marked with bollards

parks & facilities

City Marina

Dockmaster Office 703.746.5487
0 Cameron Street, 22314
alexandriava.gov/Marina
city.marina@alexandriava.gov



Hours of Operation:

November – March
M – Su: 9am-5pm

April – October
M – Su: 9am-9pm

Closed some City holidays.

Parks, trails, quaint restaurants, shops, and historic sites surround the marina. For boating enthusiasts, the marina is a 3 mile cruise from Washington DC and Maryland. In addition to affording a spectacular view of the Potomac River, the City Marina has overnight boat slips plus additional short-term docking space on sea walls and adjacent areas. The City Marina offers docking for pleasure boats and commercial vessels. For boaters who wish to stay overnight, restroom and shower facilities are available. One 30 amp electrical connection and water hose bib (in season) are available for each boat slip.

Boat Slip Lease Information:

The City Marina has year-round leased berths for vessels up to 40 feet in length. At the present time all leased berths are full, however, a waitlist has been established. If you would like to place your name on the Boat Slip Waitlist, visit alexandriava.gov/marina

Sightseeing Boat Tours

Sightseeing and Water Taxi services are available at the City Marina. Water Taxi Sightseeing cruises include Washington's monuments, Alexandria's Seaport and the Mount Vernon Estate. Water Taxi service is available to Georgetown, Mount Vernon and the new National Harbor and Gaylord National Convention Center. For additional information visit the Potomac Riverboat Company at potomacriverboatco.com or call 703.684.0580.

Charter Boats

Private charter boats docked at the City Marina are operated by LA Yachts, 703.868.5566, and Potomac Riverboat Company, 703.684.0580 ext.13.

Open Space



Alexandria adopted the Open Space Master Plan in 2003. The plan seeks to protect, enhance and grow the City's open spaces through an established framework of 15 goals. Since its inception, City staff continues to work with the public to achieve these goals. Over 100

acres have been added to the City's public open space since 2003 through acquisition, dedication or public access and conservation easements. Significant achievements include:

- Acquisition of seventeen parcels, including key Waterfront and Four Mile Run properties, as well as two new pocket park sites
- Receipt of open space acreage through the development process that includes voluntary dedication of properties and public access/preservation easements on development sites
- Recordation of five private property voluntary conservation easements in partnership with the Northern Virginia Conservation Trust.

In addition, the City actively pursues outreach opportunities to increase public awareness of open space preservation. Recent and upcoming activities include conservation easement workshops, ongoing participation in civic association meetings, and regular updates in Department publications.

For more information about the City's open space efforts and activities, as well as a link to the Open Space Master Plan, visit alexandriava.gov/18078#openspace

CONTACT INFORMATION

● DIRECTOR'S OFFICE703.746.5500

James B. Spengler, Director: james.spengler@alexandriava.gov
Diane Ruggiero, Cultural Arts: diane.ruggiero@alexandriava.gov
Dinesh Tiwari, Park Operations: dinesh.tiwari@alexandriava.gov

● GENERAL INFORMATION703.746.4343

● PROGRAMS & SERVICES

Aquatics.703.746.5435
City Arborist/Trees703.746.5496
City Marina.703.746.5487
Nature & Environmental Education Programs.703.746.5559
Out of School Time Programs703.746.5575
Office of the Arts703.746.5588
Park Maintenance.703.746.5484

Park Planning & Design703.746.5488
Picnic Reservations & Facility Rentals703.746.5414
Recreation Classes & Camps703.746.5414
Senior & Teen Programs703.746.5575
Special Events & Major Park Rentals.703.746.5418
Therapeutic Recreation703.746.5422
Youth & Adult Sports703.746.5402

● VA RELAY711

● 24-HOUR HOTLINES

Alexandria Safe Place.703.746.5400
Special Events703.746.5592
Classes & Camps.703.746.5594
Coed & Women Sports.703.746.5595
Men Sports703.746.5596
Youth Sports.703.746.5597
Facility & Fields703.746.5598

Picnic, Facility & Event Reservations

No matter the occasion, City of Alexandria has a venue to suit your needs. City parks and facilities are great for parties, receptions, weddings, meetings and more. Indoor facilities are available for rental year-round and picnic areas are available for rental April-October, beginning March 1.

To start planning an event, follow these simple steps:

1) Find a space

Indoors: Page 56 indicates the indoor amenities available for rental.
Outdoors: Pages 52-53 indicate parks with space available for rental.

2) Contact a specialist

Indoors: To reserve, call the location listed on page 56.
Outdoors: To reserve a field, contact the Sports Office at 703.746.5408.
 To reserve a park, see below:

Picnic Area Reservations

Call 703.746.5414 about 4-hr

Picnic Area Reservations* at:

- Armistead L. Boothe Park
- Ben Brenman Park
- Chinquapin Park
- Fort Ward Park
- Joseph Hensley Park
- Lee Center
- Old Town Pool

Waterfront Parks

Call 703.746.5418 for hourly rate information regarding:

- Waterfront Park
- Oronoco Bay Park
- Windmill Hill Park
- Montgomery Park
- King Street Gardens Park

* If your event may include any of the following, please contact Special Events at 703.746.5419 for application and permit information:

- more than 100 people in attendance
- use of moon bounce, amplified sound, propane, tent, or shuttles
- open to the public
- items for sale or admission charge
- reserved parking and/or road closures

3) Finalize reservation

A specialist will provide pricing and application information and confirm availability, then acquire any necessary permits for your upcoming event. Please refer to the City Special Events Policy at alexandriava.gov/Recreation for more information.

Make your next event special.

The Department of Recreation, Parks & Cultural Activities is committed to making your next event special. A variety of venues are available for large-scale events and we're here to help get you started.

We can help you with:

- Applying for Special Event Permits
- Weddings on the Waterfront
- Park Rentals for private or public events
- Event and Concert Sponsorship Opportunities

Contact Events & Public Space Activation at 703.746.5418 for more information.

Celebrate with us!

Make planning your next celebration easy with a variety of convenient party packages. Contact the hosting facility for reservation information.

★ Pool Party

1 hr. pool and 2 hr. party room for children ages 6 and up, adults free. Max 19. \$149. Optional add-ons: Balloon package \$25; Giant pool inflatable \$75.

Chinquapin Park Recreation Center & Aquatics Facility

★ Soft Play Party

1 hr. soft play room and 2 hr. party room for children ages 0-5, adults free. Max 16. \$149.

Charles Houston Recreation Center

Chinquapin Park Recreation Center & Aquatics Facility

Optional add-ons: Balloon package \$25; Bounce house \$49 (Chinquapin only).

★ Nature Friends Party

2 hr. party featuring live animals, a nature-oriented activity and party room. \$225 for 12 children ages 4-12, additional \$10 per child up to 17 total.

Jerome "Buddie" Ford Nature Center

★ Art Party

3 hr. party featuring a hands-on art activity supervised by an instructor. Every guest will take home a unique piece of art they create themselves – a special one-of-a-kind party favor! \$325 for 12 children ages 6-12 (8-12 for mixed media).

Durant Arts Center

★ Wow! What A Party!

Throw a party to remember without all the work! Select from a list of themes and a Party Coordinator will take care of the decorations, activities and day-of coordination. Max 35. \$370

Charles Houston Recreation Center

Prices shown are resident rates. 4 weeks notice and receipt of payment are required to confirm reservation.

ParkLink

Connecting you to active and open spaces in your neighborhood



Visit alexandriava.gov/ParkLink to find nearby parks, community centers, trails and more. Search by name, location or amenity.

Get directions by foot, car or public transportation and link to information on the City's website, including reservation forms, fees and more.



community center amenities













○ Amenities On-site

● Available for Rental

Rental hours may exceed operating hours.

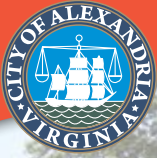
Programs may occur outside of operating hours, which may change.

Please call each center for holiday hours.

		Arts & Crafts Room <small>Small/Large Room</small>	Boxing Ring	Computer Lab	Dance Studio <small>Small Room</small>	Game Room	Gymnasium	Kitchen	Meeting Rooms <small>Small/Large Room</small>	Multi-Purpose Room <small>Small/Large Room</small>	Performance <small>Small/Large Room, Auditorium</small>	Swimming Pool	Soft Playroom	Racquetball Court	Weight/Fitness Room	Exhibit Space
	Charles Barrett Recreation Center 1115 Martha Custis Dr., 22305 • 703.746.5551 Sept-June — Mon-Fri: 2-6pm July-Aug — Mon-Fri: 9am-6pm	○				○	●	○	●	●						
	Charles Houston Recreation Center 901 Wythe St., 22314 • 703.746.5552 Mon-Fri: 9am-9pm; Sat: 9am-6pm; Sun: 1-5pm Teens — Fri: 9pm-12am; Sat: 6pm-12am	○	○	○	●	○	●	○	●	●		●	●		○	
	Chinquapin Park Recreation Center & Aquatics Facility <i>Hours subject to change.</i> 3210 King St., 22302 • 703.746.5553 Mon-Thu: 6am-9pm; Fri: 6am-6pm; Sat-Sun: 8am-6pm								●	●		●	●	●	○	
	Leonard "Chick" Armstrong Recreation Center 25 West Reed Ave., 22305 • 703.746.5554 Mon-Fri: 9am-9pm; Sat: 9am-6pm	○			●	○	●	○	●	●				●	○	
	Durant Arts Center 1605 Cameron St., 22314 • 703.746.5560 Mon-Fri: 5-10pm	●						●	●	●	●					○
	Jerome "Buddie" Ford Nature Center 5750 Sanger Ave., 22311 • 703.746.5559 Wed-Sat: 10am-5pm; April-Oct — Sun: 1-5pm									●						○
	Lee Center 1108 Jefferson St., 22314 • 703.746.5414 Mon-Fri: 9am-9pm; R&R Office: Mon-Fri 9am-7pm	●			●			●	●	●	●					●
	Mount Vernon Recreation Center 2701 Commonwealth Ave., 22301 • 703.746.5556 Mon-Fri: 9am-9pm; Sat: 9am-6pm	○		○	●	○	●		●	●	●					
	Nannie J. Lee Recreation Center 1108 Jefferson St., 22314 • 703.746.5550 Mon & Wed: 12-9pm; Tue, Thu, Fri: 12-6pm	○					●	○		○						
	Patrick Henry Recreation Center 4653 Taney Ave., 22304 • 703.746.5557 Mon-Fri: 9am-9pm; Sat: 9am-6pm	●					●		●	●	○		●		○	
	Torpedo Factory Art Center 105 N. Union St., 22314 • 703.746.4570 Sun-Wed & Fri-Sat: 10am-6pm; Thu 10am-9pm								●							●
	William Ramsay Recreation Center 5650 Sanger Ave., 22311 • 703.746.5558 Mon-Fri: 9am-9pm; Sat: 9am-6pm Teens — Fri: 9-11pm; Sat: 6-11pm	○		○	●	○	●	○	●	●					○	

MAKE MEMORIES

in your neighborhood



**Reserve A
Picnic Area Today!**
Visit alexandriava.gov/45756

Picnic areas are now available for reservation April through October:

- Armistead L. Boothe Park, 520 Cameron Station Blvd.
- Ben Brenman Park, 4800 Brenman Park Dr.
- Chinquapin Park, 3210 King St.
- Fort Ward Park, 4301 W. Braddock Rd.
- Joseph Hensley Park, 4200 Eisenhower Ave.
- Lee Center, 1108 Jefferson St.
- Old Town Pool, 1605 Cameron St.

For information, visit alexandriava.gov/45756 or contact the Registration & Reservation Office, Monday through Friday, 9 a.m. to 7 p.m., by phone at 703.746.5414 or in-person at the Lee Center, 1108 Jefferson St. Or, visit alexandriava.gov/ParkLink to browse picnic locations, photos and nearby amenities, then link directly to reservation information. Picnic reservations fill quickly so start planning today!



DEPARTMENT OF RECREATION,
PARKS & CULTURAL ACTIVITIES

1108 Jefferson Street
Alexandria, VA 22314-3999



CITY OF
ALEXANDRIA

SUMMER OF SMILES



SUMMER CAMPS
FOR AGES 2-17
INSIDE!

REGISTER
ONLINE NOW:

ALEXANDRIAVA.GOV/RECREATION